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GODFATHER
ESTEVEZ LIKENS SHEEN TO FREDO CORLEONE {page 14}

OTTAWA metro®
Tuesday, March 22, 2011
www.metronews.ca
News worth sharing.

Cuts a shoe-in for belt-tightening government

Budget said to contain some new spending for families, jobs

Flaherty says focus remains on eliminating the deficit

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty puts on his newly resoled shoes during a pre-budget photo opportunity at Healthy Feet Shoe Repair in Ottawa yesterday.

The federal government could have as much as $3 billion in extra revenue in the budget today to use either to entice voters in a spring election — or ward one off.

Finance Minister Jim Flaherty offered few clues yesterday morning at a made-for-TV fitting of twice-resoled shoes in step with the frugal, stay-the-course messaging of the Conservative government.

"One of the goals of the budget is to make sure we stay on course, maintain the fiscal track that we set out in the fall update and move back to a balanced budget, and at the same time make some investments to promote economic growth, jobs," he explained.

All three of the opposition parties have issued their conditions for supporting the budget, most of which Flaherty rejects.

But even if he could satisfy one of the parties, the government could still fall later this week on a non-confidence motion built around a contempt of Parliament citation for concealing the true costs of the F-35 jet and justice programs.

THE CANADIAN PRESS

Flaherty hinted at:

- Help for seniors without benefit of a pension, likely through a boost to the guaranteed income supplement.
- A tax credit for parents who enrol their children in artistic activities.
- A two-year extension of a program helping firms buy efficiency-enhancing machinery and equipment.
- Modest measures on pension reform and on financial literacy.
- Measures to help veterans acquire job skills to transition to civilian life.

Japan

Warning against nuclear plants

Ontario environmental groups warn against proposed plants in wake of crisis {page 8}

Nova Scotia's homeboy drops album

Handshakes and Middle Fingers out today {page 12}

Get the body of the black swan this spring

Natalie Portman's personal trainer (who was thanked in her speech) tells us how {page 16-17}

Canada backs action in Libya

Debate in Parliament follows air force combat patrol {page 6}

Royal wedding a sure sign

Astrology dictates Wills and Kate are a match {page 7}

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Bullet fired next door zips through three walls

An Ottawa family living in a Barrhaven row house, woke early Sunday morning to the sound of a bullet fired from an adjoining unit that then zipped through three bedroom walls. Police say it was lucky no one was injured.

"There's always a potential for danger or injury any time a firearm is discharged and it is not directed down range," said Ottawa police Sgt. Ken Bryden of the force's guns and gangs unit.

A 19-year-old woman and a 21-year-old man are facing several charges for weapons offences after a search warrant was executed on the unit the shot came from. Bryden said the suspects did not intend to frighten or shoot at their neighbours, but were allegedly not handling the weapon safely.

Police seized a prohibited firearm and ammunition.

Joseph Shaver and Samantha Apps were to appear in court yesterday on charges including careless storage of a firearm, unauthorized possession of a firearm and reckless discharge of a firearm.

SEAN MCKIBBON

Fire guts bungalow

A fire at 1494 Kigsdale Rd. has destroyed a bungalow and turned an elderly woman out of her home, says the Ottawa Fire Service. A passerby called 911 after he noticed smoke coming from the home's roof. Firefighters were only able to protect neighbouring homes. Damage to the home is estimated at $300,000. There were no injuries. METRO

CONTRIBUTED

▶ The Simms family packs their suitcases before heading to the airport yesterday after they were told to leave the country and return to the U.K.

No permit, no visa, no stay

Family of 5 forced back to U.K. after selling property, settling in Canada while awaiting citizenship approval ◐ Self-employed permanent residence status can take five years to process at Canada's U.K. visa office, feds say

JOE LOFARO
OTTAWA@METRONEWS.CA

A U.K. family hoping to make Canada their home had to leave their Ottawa-area residence and fly back to Europe last night after the government told them to leave.

Paul Simms brought his family to Canada in June under visitor visas in order to find work and make a living in the hopes that it would expedite their permanent Canadian residency application, which he sent in January 2010.

By the time their visas expired, though, Paul and his wife, Erin, were unsuccessful in finding work that would allow them to stay in Canada longer under a work permit.

When Paul called Citizenship and Immigration Canada, he said they told him he was illegal and had no right to be in Canada and had to leave immediately. "They didn't even want to speak to me," he said.

He said there is nothing more he can do, however, he is worried about pulling his children out of school in the middle of the year.

"It's a big upheaval for them. They're going to have to say goodbye to all these people and start again," said Simms.

"We only asked for an extension until June anyway ... what difference is another three months?"

1 news

Leaders apologize for botched investigation that haunted town for decades. Scan code for story.

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As catastrophe and unrest dominate headlines, investors look to earnings season. Allan Small has more at metronews.ca/investing.

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STEVE COLLINS/METRO

▶ Chloe Brossard, right, modelling a floral gown designed by Sylvie Bigras and Joel Marc Frappier for this year's Tulip Festival, meets Mayor Jim Watson.

Tulip fest sprouting

This year's theme is 'Kaleidoscope — a celebration of spring awakening through colour, culture and community' Runs May 6 to 23

Yesterday's dump of snow did nothing to cool the enthusiasm of Genevieve Menard Hayles, executive director of Ottawa's springtime rite, the Canadian Tulip Festival.

"I actually get excited with the snow at this time of year," she said. "The longer we have the snow, the more chances we have that the tulips will bloom on time."

The festival will feature 23 local bands and musicians from area schools performing at Major's Hill Park and on May 13 a Beatles tribute act will perform a free multi-media concert at the park. The following day will be India Day in Canada, which includes the screening of a Bollywood film and the Nomadic World Orchestra performing Indian music. STEVE COLLINS

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O Card's funding deferred

$250K
Amount originally requested to develop the O Card this year.

The "O Card," a smart card you could use at the library, parking lots and other city facilities, isn't coming soon, but Coun. Stephen Blais says he supports the idea.

"Having that ability to merge those kinds of services into one end point is a very good thing," he said. "It should provide some pretty good savings to the city and it will definitely provide better customer service."

Ottawa's Information Technology Services department requested funding in the 2011 budget for preliminary work on the card, but that's been deferred until next year.

The O Card is not to be confused with the Presto smart fare card, which OC Transpo expects to roll out next spring.

STEVE COLLINS

Bomb. Threat

▶ Ottawa Police were called in to investigate a bomb threat at the Ottawa courthouse.

SEAN MCKIBBON/METRO

Courthouse on alert

Entry and exit to the building was temporarily stopped while police conducted a search. A police spokesperson said a sweep of the building revealed no explosives and business returned to normal.

Beechwood fire's cause unknown

The Ontario fre marshall said yesterday that their investigation into the Beechwood Avenue fire on Wednesday is now closed.

The cause is undetermined according to information from the fire marshall's office.

The blaze destroyed the Home Hardware building and a number of shops.

JOE LOFARO

Gas leak forces Carleton evacuation

About 1,400 students were evacuated from five buildings at Carleton University yesterday because of a gas leak.

Fire crews said a natural gas line had been severed by an excavator at a construction site.

Evacuation lasted one hour. THE CANADIAN PRESS

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HOUSE OF COMMONS

Committee finds Tories in contempt

A House of Commons committee has passed a report recommending the Harper government be found in contempt of Parliament.

The report condemns the government for refusing to fully disclose cost estimates for its tough-on-crime agenda, corporate tax cuts and plans to purchase stealth fighter jets. It does not propose any sanctions.

But the Conservatives may yet dodge a formal finding of contempt before an election, which could be triggered by today's budget votes or a Liberal non-confidence motion Friday.

Ordinarily, MPs would be asked Thursday whether they concur with the 12-page report.

However, the government has some procedural tricks up its sleeve that could postpone a vote on the report for a week or more. It has larded the order report with eight others that may need to be dealt with first.

With all opposition parties in agreement, there is no doubt the report would be adopted, making the Harper government the first in Canadian — or Commonwealth — history to be found in contempt.

THE CANADIAN PRESS

Commons OK's war mission in Libya

THE CANADIAN PRESS/HANDOUT

▶ Cpl. Yan Tremblay of CFB Bagotville, Que., fuels a CF-18 Hornet before it takes off from Trapani, Italy, yesterday.

MPs mull over lessons learned in Afghanistan ◐ 'Moral duty' asserted

The Harper government rallied opposition parties to "war" yesterday, casting Canada's military intervention in the Libyan crisis as a moral imperative.

A House of Commons debate took place within hours of the air force carrying out its first combat patrol to enforce the UN-mandated no-fly zone over the embattled north African country.

But the continuing war in Afghanistan and its political divisions cast a long shadow over MPs as they weighed the complexity and uncertainty of the international community's goals in Libya.

Defence Minister Peter MacKay said the atrocities of dictator Moammar Gadhafi could not go unanswered.

"This government along with the international community cannot stand idly by," said MacKay who opened debate on a motion to approve the deployment of military forces.

Gadhafi, by "labelling his opponents as traitors and directing his forces to bomb and shell civilian population centres without mercy ... (means) we are compelled to intervene, both in a moral duty and by duty of NATO and the United Nations."

"It is my understanding that this mission may very well morph into a NATO-led mission."
PETER MACKAY, DEFENCE MINISTER

MacKay couldn't say how long the no-fly mission would last, but said no one wants to have forces in harm's way any longer than necessary.

The motion, which sources said was the subject of feverish back room drafting among the parties, passed unanimously late last night.

THE CANADIAN PRESS

Nuclear botch may last weeks

Officials raced yesterday to restore electricity to Japan's leaking nuclear plant.

Restoring the power to all six units at the tsunami-damaged complex is key, because it may power up the maze of motors, valves and switches that help deliver cooling water to the overheated reactor cores and spent fuel pools that are leaking radiation.

Ideally, officials believe it should only take a day to get the Fukushima Dai-ichi nuclear plant under control once the cooling system is up and running. In reality, the effort to end the crisis is likely to take weeks.

5 The World Bank says Japan may need five years to rebuild from the disasters, which caused up to $235 billion in damage.

The nuclear plant's cooling systems were wrecked by the massive earthquake and tsunami that devastated northeastern Japan on March 11. THE ASSOCIATED PRESS

Yemen resistance gains support after defections

Rival tanks deployed in the streets of Yemen's capital yesterday after three senior army commanders defected to a movement calling for the ouster of the U.S.-backed president, radically depleting his support among the country's most powerful institutions.

Maj. Gen. Ali Mohsen al-Ahmar, commander of the army's powerful 1st Armored Division, announced his defection in a message delivered by a close aide to protest leaders at the Sanaa square that has become the epicentre of their movement.

THE ASSOCIATED PRESS

U.S. to pass military lead in air assault

International forces intend to extend a no-fly zone to the Libyan capital of Tripoli, hundreds of kilometres from the area of recent fighting between forces loyal to Moammar Gadhafi and the rebels seeking to topple him, the U.S. commander in the region said yesterday.

Gen. Carter Ham also said the American role in a three-day-old air assault to degrade Libya's military capability had already begun to decline, with the overwhelming share of yesterday's missions flown by pilots from other countries in the coalition.

Ham spoke to reporters at a news conference a few hours before President Barack Obama said the U.S. would turn over leadership of the military operation to other, unnamed countries within a "matter of days, not weeks." Speaking at a news conference in Santiago, Chile, the president declined to be more specific.

He said the U.S. favours Gadhafi's ouster but the international military effort has a more limited goal of establishing a no-fly zone over Libya and protecting civilians against massacre by forces loyal to the ruler.

Ham said that the campaign already has shown results.

"With the growing capabilities of the coalition, I anticipate the no-fly zone will soon extend to Brega, Misurata, and then to Tripoli," he told Pentagon reporters in a video conference from his headquarters in Germany.

He said that zone would cover "about 1,000 kilometres, so it's a pretty wide area." Benghazi, which the rebels control and Gadhafi's forces sought to capture last week, is about 645 km from Tripoli.

In the midday news conference, Ham said that over the previous 24 hours, U.S. and British forces launched 12 Tomahawk missiles, targeting command-and-control facilities, a missile facility and an air defence site that had previously been attacked.

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Stars align for royal couple, astrologers say

Prince William is emotionally very private — a typical Cancer As a Capricorn, Kate Middleton is much tougher

Kate Middleton and Prince William are a match made in heaven. Just check their horoscopes.

The couple will be delighted to know their star signs, Capricorn and Cancer, indicate they are highly compatible and have a good chance of having a successful marriage, according to leading British astrologers.

"They probably feel like soulmates," says Wendy Stacey, chair of the Astrological Association of Great Britain.

Take it as a bunch of hooey or a celestial peek into the future. Just keep in mind that The Associated Press reported in 1981 that an astrologer warned that Prince Charles, who was born under the complex sign of Scorpio, would have a "stormy marriage" in his union with Princess Diana, born under the sensitive, intuitive Cancer star sign. And everyone knows how that ended up.

Jay Lucan, with the British Astrological and Psychic Society, said the new royal couple have "75 per cent relationship compatibility" based on their star charts — giving them "definitely a good chance" of outlasting William's parents in matrimony.

Both Stacey and Lucan acknowledge they cannot confirm the accuracy of their predictions for many reasons. The biggest drawback is not knowing Middleton's exact time of birth; Prince William's was publicly announced as a matter of national interest.

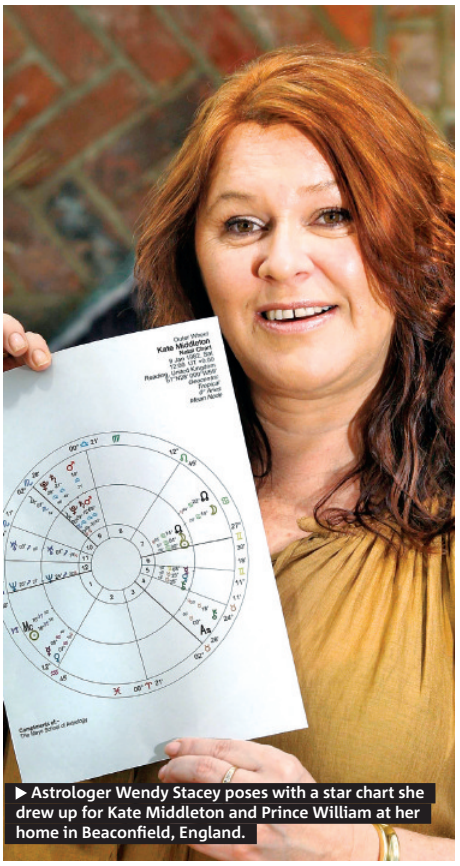
THE ASSOCIATED PRESS

Opposite signs

So what do the couple's birth dates tell us?

Kate Middleton, born on Jan. 9, 1982, is a Capricorn (an earth sign) while William, born June 21, 1982, is a Cancer (a water sign). Cancers and Capricorns are opposites as water and earth.

SANG TAN/THE ASSOCIATED PRESS



Astrologer Wendy Stacey poses with a star chart she drew up for Kate Middleton and Prince William at her home in Beaconfield, England.

Taco Bell price hike enrages customer

Police say a San Antonio Taco Bell customer, enraged that the seven burritos he ordered had gone up in price, fired an air gun at an employee and later fired an assault rifle at officers before barricading himself into a hotel room.

San Antonio police Sgt. Chris Benavides says officers used tear gas Sunday night to force the man from the hotel room after a three-hour standoff. The man is charged with three counts of attempted capital murder. Authorities have not released his name. THE ASSOCIATED PRESS

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Brian Tillerson, a manager at the Taco Bell/KFC restaurant, told the San Antonio Express-News that the man was angry the Beefy Crunch Burrito had gone from 99 cents US to $1.49 each.

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News in brief

NATHAN DENETTE/THE CANADIAN PRESS FILE

▶ Ontario Health Minister Deb Matthews

Drug coverage to expand

CANCER. Ontario is joining other provinces in providing expanded access to a potentially life-saving cancer treatment.

Health Minister Deb Matthews announced the new program for cancer drugs a little over a week after she said it would be wrong to interfere in the approval process.

Ontario will now allow "conditional" expanded coverage for cancer drugs where there is evidence that it could have benefits beyond the current rules.

THE CANADIAN PRESS

Disgraced Grit senator resigns

CORRUPTION. Convicted fraudster Raymond Lavigne has resigned from the Senate, effective immediately.

Lavigne trades in his $132,000 salary for a parliamentary pension.

The Liberal-appointed senator, who was booted from the party's caucus almost four years ago, was convicted of fraud and breach of trust earlier this month.

THE CANADIAN PRESS

Tory MPs top free-trip list

PERKS. Taiwan and Israel were the all-expenses-paid destinations of choice for MPs last year, according to a parliamentary report on sponsored travel.

And Tory MPs were the most likely to take these junkets paid for by foreign governments, advocacy groups and business organizations.

THE CANADIAN PRESS

Wait on Japan for hearings: Groups

Fukushima disaster demonstrates unforseen threats can bring about catastrophe: Environmentalists

Hearings on proposed nuclear reactors in Ontario should be put on hold in light of Japan's still-unfolding nuclear crisis, environmental groups said yesterday.

They said the problems at the Fukushima plant illustrate the importance of trying to predict the unpredictable.

"It's the incredible events that might be the greatest cause for concern," said Brennain Lloyd of Northwatch.

Formal hearings were slated to begin yesterday evening, with Ontario Power Generation outlining its proposal for new reactors at the Darlington nuclear plant site.

At procedural hearings ahead of the formal session before a joint review panel, the groups argued for an adjournment, saying the lessons from Japan had not yet emerged.

Speaking for OPG, Stephen Garrod said there would be "many opportunities" in the coming years to incorporate relevant lessons from Japan before the Darlington build is approved.

"It will take almost a decade before this project has completed the approvals process and is operational," Garrod said.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS FILE

▶ The Pickering nuclear station stands in the background as people walk on the beach in Pickering, Ont.

New nukes

Ontario Power Generation, the government-owned utility that supplies about 70 per cent of Ontario's electricity, is looking to build up to four new reactors to produce about 4,800 megawatts of power.

- The Canadian Environmental Law Association is concerned that OPG has not yet said exactly which of four kinds of reactors it proposes to build.
- It was only a few months ago that OPG added the Candu 6 as a possible model for Darlington. As a result, the law association said, the environmental impact statement prepared so far was too general.

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ATTENTION CUTE COUPLES: GET A ROOM

She says ...

JESSICA NAPIER

So spring is officially here and with the warmer weather comes longer days, fewer layers of clothing and increasing sexual appetites, better known as spring fever.

Now don't get me wrong — I'm a big fan of temperate nights and flirtatious activity. But when a budding new romance turns into a public groping session it's time for an intervention.

Yes, I'm talking about you, the PDA-perpetrators who treat every park bench like your own private boudoir. Public displays of affection are like cheap cologne — tolerable in very small doses but utterly nauseating in large quantities.

We've all been there. When a new relationship begins every moment together is so magnificent that you get caught up in your own little world. Every brush of your fingertips is magical; even a peck on the cheek is electric.

But while you might think your amorous conduct is endearing, the rest of us certainly don't agree. When you're in new-couple mode it's easy to forget that the people around you don't want to be an audience to your heavy breathing and earlobe nibbling. So please, stop sitting on the same side of the booth at restaurants and spoon-feeding each other dessert — this kind of behaviour isn't appetizing for your fellow diners.

"... but remember, grocery stores, libraries and other public places are not an ideal venue for foreplay."

Passionate antics like this might be acceptable for teenagers; after all, they have nowhere else to snuggle but in the back row of a movie theatre. But come on people, most of you have your own homes or at least your own bedrooms where you could partake in the sexy early stages of your blossoming romance.

Maybe I should relax. I know these lovey-dovey couples aren't really doing me any harm ... other than maybe upsetting my stomach a little. But when the participants in a hormonally charged PDA session are anyone but you, broadcasting this kind of intimacy seems pretty disgusting. It's hypocritical but true.

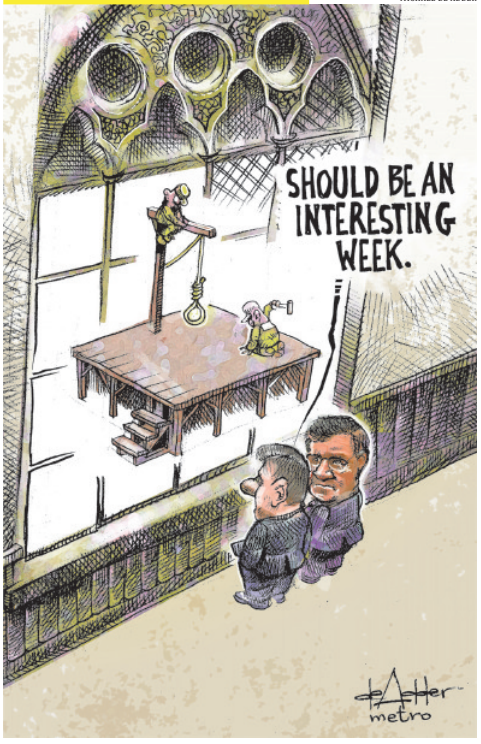
So if the onset of springtime temperatures has you feeling frisky I have just one request for you, don't do anything on the bus you wouldn't do in front of your parents.

I know you're enamoured with each other but remember, grocery stores, libraries and other public places are not an ideal venue for foreplay. Let's agree to keep our hands (and our tongues) to ourselves this season for the sake of each other's gag reflexes.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



The little bird that flew

Worth mentioning

It took about 18 months for Twitter to go from its first tweet — sent five years ago yesterday — to getting 500,000 users.

Now, an average of almost 500,000 new accounts are registered each day.

It took three years, two months, and a day for a user to send the billionth tweet across the massively popular social media service. Now, one billion tweets are sent every eight days.

"Over these years, Twitter has matured and made an impact in the areas of social responsibility, politics, sports, media, and more," the company wrote in a blog post yesterday, celebrating its fifth anniversary.

Twitter has grown into an online behemoth with unquestionable influence not only in the digital world but offline, too.

Just ask reporters on Parliament Hill, who were more than a little surprised in February when the prime minister's spokesman announced a trip to Washington to meet with U.S. President Barack Obama. Not by press release, or during a press conference or scrum, but by tweet.

Twitter has grown so big, so fast that it's now struggling just to keep the dreaded fail whale (a cartoon whale that pops up when Twitter goes down) from appearing before users. THE CANADIAN PRESS

Tweet, tweet

TORSTAR NEWS SERVICE FILE

Has Twitter changed your Internet habits? How?

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Metro Minute with World Water Day

Raise a glass of your beverage of choice for World Water Day tonight at the Royal Oak Downtown (118 Bank St. at Gloucester).

Join Ottawa Riverkeeper executive director Meredith Brown, Anil Naidoo of the Blue Planet Project, and Alison Woodley of the Canadian Parks and Wilderness Society in a tribute to healthy rivers and lakes and clean drinking water.

Ottawa band Phantom Shores will provide the evening's live entertainment.

Doors open at 6:30 p.m., speeches begin at 7 and music at 7:30. The event is free, informal, and open to everyone. For more information, go online to ottawariverkeeper.ca or call 613-321-1120.

METRO

CONTRIBUTED

▶ Ottawa Riverkeeper executive director Meredith Brown.

Airline profits lose altitude amid rising costs

Earnings forecast to fall by one-third Higher fuel, labour prices to blame, Conference Board says

Canadian airline profits will falter in 2011 after last year's strong performance due to higher fuel and labour costs, the Conference Board of Canada reported yesterday.

Pre-tax profits are expected to fall by about one-third to $785 million in 2011, down from $1.2 billion last year. Profits will remain in the $700 million to $800 million range annually for the next three years, the report said.

After two years of decline, costs are expected to rise by more than nine per cent in 2011 due to higher oil prices caused by political unrest in the Middle East and increased hiring at Canada's main airlines, which include Air Canada, WestJet, Transat AT and Jazz.

Conference board economist Maxim Armstrong said cost-control measures established during the recession helped airline profits to take off when sales started to improve last year. But with costs expected to accelerate, these profit levels won't be sustainable, though they will remain high by historical standards, he said.

Airline sales have been growing as businesses loosen budget constraints and consumer confidence grows.

The Conference Board, a private-sector forecaster based in Ottawa, said the increased number of international travellers to Canada in recent months was especially encouraging.

While the trend should continue in coming years, domestic travel will remain the main source of growth for the industry.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ An Air Canada flight prepares to land at Pearson International airport in Toronto. Canadian airlines will be landing lower profits in the next three years, a report says.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 224.07 (14,013.7)	+ 0.66¢ (102.07¢ US)	+ $1.26 US ($102.33 US)	$4.161 US (– 0.15¢ US)

Gold contracts $1,426.40 US (+ $10.30 US)

Google fined in 'Wi-Spy' row

Google Inc. was fined 100,000 euros ($139,200) yesterday for improperly gathering and storing data for its Street View application.

The penalty, handed down by France's privacy watchdog, sanctions Google for collecting personal data from Wi-Fi networks — including emails, web-browsing histories and online banking details — from 2007 to 2010 through its roaming camera-mounted cars and bicycles.

The fine is the first against Google over the data-gathering, which more than 30 countries have complained about. At least two other European countries are considering fines.

Google said the Street View cars mistakenly collected payload data from unencrypted Wi-Fi networks. The company apologized and says it will delete the data.

The incidents, which some critics labelled "Wi-Spy," were caused by "an engineer's careless error as well as a lack of controls to ensure that necessary procedures to protect privacy were followed," Canada Privacy Commissioner Jennifer Stoddart concluded in a report last October.

Several other countries have skewered Google for scooping up 600 gigabytes of data — equivalent to about six floors of an academic library — from Wi-Fi systems for more than two years before detecting a problem in response to an inquiry from German regulators.

THE ASSOCIATED PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Google Street View: Watching you.

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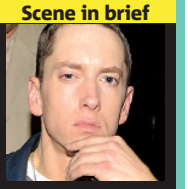
2 scene

Scene in brief



The U.S. Supreme Court will not involve itself in a fight between rapper Eminem's former production company and Universal Music Group over downloads of the entertainer's songs and ringtones.

The high court refused on Monday to hear an appeal from Universal Music Group.

THE ASSOCIATED PRESS

Secret to Dancing With the Stars' sparkle? Dozens of dazzling custom-made costumes

- Classified's new album Handshakes and Middle Fingers drops today
- Album features guest appearances from Jim Cuddy, Brother Ali and Joe Budden
- 22-date Canadian tour will kick off on Thursday

SUBMITTED

▶ Rapper Classified still lives in his home town of Enfield, N.S.

The sound of Class

ALY THOMSON
SCENE@METRONEWS.CA

As a 14-year-old, Luke Boyd could often be found hitchhiking through the small town of Enfield, Nova Scotia, listening to RUN DMC's Tricky on his walkman and dreaming of making it big.

Nearly 20 years later, Boyd is better known as Canadian rap sensation Classified. With more than 15 years of writing, recording, mixing and touring under his belt, the rapper is back with his 12th studio album, Handshakes and Middle Fingers.

"I think at the end of the day, the passion is what makes the music special .... it's the passion what makes the good stuff."

LUKE BOYD, A.K.A. CLASSIFIED

Classified said the album is about "balance, the ying and the yang and the gift and the curse." The 15-track album talks about family, life changes and the music industry.

"I can't talk about just hip hop music all the time. It was just kind of getting old to me," he said, tipping back his black thick-rimmed hat. "You got to have that flip side so that people who necessarily aren't into hip hop or care how dope you are have something to relate to."

Although Handshakes isn't all about being the best MC, the album is still undeniably "Classified."

"I make music I like so at the end of the day, it's going to all have that feel that sounds like Class."

The "Class" sound is made even more authentic through his isolated recording process.

"Ninety-five per cent of the time it's just me in the studio hitting record, making the beat and writing all the music," said the 33-year-old. "I take a lot of pride in that."

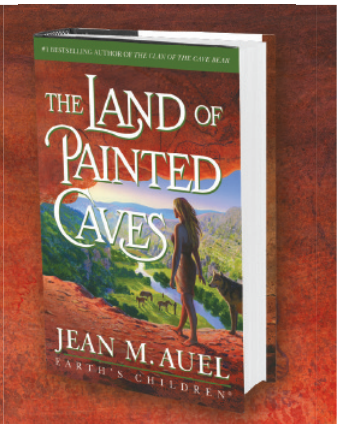
The album's first single, That Ain't Classy, calls out music industry's stars, declaring them "wannabes" and "self centered weirdos."

But Class wouldn't single anyone out.

"For those people, if it sounds like you in the song, then it's about you."

Despite his recent national fame, Classified holds true to his roots. The rapper still lives in Enfield with his wife, Kim, and two daughters — two-year-old Taylor and eight-month-old Kayla.

The long-awaited sequel to Clan of the Cave Bear is finally here!
JEAN M. AUEL
THE LAND OF PAINTED CAVES
IN STORES MARCH 29. Read the first chapter TODAY at RandomHouse.ca



West follows East in comedy sequel

- West is West is a decade-in-the-making sequel to 1999 hit comedy East is East
- 'I see it as a natural bookend to the first film' says director Andy DeEmmony

ADAM NAYMAN
SCENE@METRONEWS.CA

Written once again by Ayub Khan-Din, who draws heavily in his work on his childhood memories of growing up with a British Pakistani father and a white British mother, West is West focuses on a character largely seen as an author surrogate — Sajid Khan (Aquib Khan), now 15 years old and feeling like an outsider by virtue of his cultural heritage.

The film opens in England but quickly shifts to Pakistan, where patriarch George Khan (Om Puri) attempts to show his youngest son his roots.

"We were keen to start the film in a world that everyone recognizes," says director Andy DeEmmony, accounting for why the early sequences feel almost like outtakes from East is East. "It's a daunting challenge to follow that film, because I think it broke a lot of new ground. But I think that this film is a very different journey."

He says that shooting on location in Pakistan was interesting in that they didn't have to do a lot to make it look like the mid-1970s (the film takes place in 1975, five years after the events of East is East).

"We had to watch out for the odd satellite dish, but as we moved further into the wilds, closer to the Himalayas, we found that the villages hadn't changed very much."

By contrast, trying to finesse the British locations to look authentic proved much more difficult.

"We contacted the city council in Manchester, and found that they were going to bulldoze terrace roads.

There were two streets left, in the middle of rubble. So that's what we worked with — and the moment we were finished, they knocked it all down."

SUBMITTED

▶ Aquib Khan plays 15-year-old Sajid Khan in West is West.

AWARDED

Harry Potter honoured

Daniel Radcliffe looks forward to a tolerant world where young people grow up unaffected by differences in sexual orientation. The Harry Potter star has been working with the Trevor Project, the leading organization for suicide prevention efforts among gay, lesbian, bisexual and transgendered youths.

For his contribution, Radcliffe is being honoured with the organization's Hero Award at a ceremony in New York in June.

"It's fantastic," Radcliffe told The Associated Press. "The fact that they think of what I've done by promoting awareness of the Trevor Project itself and the issues that it works to promote and help is a great honour."

THE ASSOCIATED PRESS

Will Emilio have to 'off' Charlie?

Estevez jokingly compares his situation with brother Charlie Sheen to that of Michael and Fredo Corleone in The Godfather: Part II

Charlie Sheen's antics aren't all that entertaining to his brother, Emilio Estevez, who says he may need to find a creative way to deal with his wayward sibling.

"There's that thing in The Godfather: Part II of, 'I love you, Fredo, you're my brother, but don't ever take sides with anyone against the family,'" Estevez says, according to Hollyscoop.

"Then Michael Corleone has to have Fredo 'taken out' on the boat. There are times, like these, when I want to take Charlie our for a boat ride. Charlie should know that he might have a boat ride in the future. Someone's got to be Michael Corleone." METRO

CARLOS ALVAREZ/GETTY IMAGES

Martin Sheen, left, is pictured with son Emilio Estevez.

Honeymoon Down Under?

While on a solo goodwill tour of Cairns, Australia, Prince William hinted that the area might be the location for his upcoming honeymoon with Kate Middleton, according to People magazine.

"I love scuba diving," William said while addressing a crowd.

"I have always wanted to dive the barrier reef. It's much nicer down here, the weather at home is dreadful. I will have to come back, maybe we'll have a honeymoon in Cairns?" METRO

SCOTT BARBOUR/GETTY IMAGES

Prince William

Progress for the 'seperated'

Relations appear to be improving between Courteney Cox and estranged husband David Arquette, as the separated couple were spotted at a Malibu flower shop together over the weekend, according to Radar Online.

Both wore dark shades and neither made a comment as to what prompted the meeting or what was discussed, but Cox has previously made it clear that she and Arquette were separated but not divorcing.

"This is a separation, and I think that takes a lot of courage," she said. "Whatever is supposed to happen will be the best thing for us." METRO

RONALD MARTINEZ/GETTY IMAGES

Courteney Cox

Gaga is literally losing her hair

Lady Gaga is learning firsthand that getting her distinct look comes at a price, as the pop star admits her bleached hair is falling out, according to People magazine.

The natural brunette says she dreads getting "a chemical haircut because my blonde hair is falling out."

In addition, Gaga admits she doesn't wash her face enough, as she sleeps with her makeup on.

"That is not good for your skin, but I'm blessed with good genes," she says. METRO

Lady Gaga

Renee is doing OK

Renee Zellweger certainly isn't reeling from her breakup with Bradley Cooper.

The actress stepped out in style at a pal's birthday bash at New York City restaurant La Esquina over the weekend, according to Us Weekly.

"She wore a skin-tight black dress and amazing lace-up shoes. She looked smokin' hot," a source says. "At one point, three waiters came up to see if the table needed anything because they wanted to check out Renee." METRO

LARRY BUSACCA/GETTY IMAGES

Celebrity tweets

Charlie Sheen [@charliesheen] Need a ride to my perfect show...?

Kevin Nealon [@kevin_nealon] Made the mistake of wearing a red shirt to Target. No, I don't know where the bins are!!

Rihanna [@rihanna] I touch my neck, my chest my hips, I touch my hips, my thigh my kneesssss

Sarah Silverman [@SarahKSilverman] I keep forgetting Corey Feldman's still alive. Phew! METRO

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▶ With the weather getting better, it may be the time to buy some new running shoes and go for a jog.

Running not bad for your joints: Study

Pounding the pavement gets a thumbs up Osteoarthritis not an issue if you run the right way and wear good shoes Regular running provides numerous health benefits

CELIA MILNE
WELLNESS@METRONEWS.CA

Worried running will ruin your knees and hips?

Many people avoid running because they think it causes wear and tear on their joints, especially as they get older. But the medical literature doesn't support the idea that running causes osteoarthritis.

"Running moderate distances at moderate speeds is not likely to cause joint arthritis, especially if one runs in good running shoes and uses good running technique," says Dr. Stuart Willick, an associate professor at the University of Utah Orthopaedic Center in Salt Lake City.

Willick and colleagues gathered all published studies that explored a possible link between running and osteoarthritis.

They found that several things put people more at risk for osteoarthritis as they age: Being overweight, prior injuries to the knees or hips, and heavy manual labour are riskier for the joints than pounding the pavement. Jogging got a thumbs up.

"Running is a great form of cardiovascular exercise," Willick told Metro. "Cardiovascular and resistance training have numerous benefits, including for the heart, lungs, blood vessels, bones, joints, muscles and brain."

Older runners tend to be healthier than non-running counterparts, the study found.

They published their review last year in the journal Clinics in Sports Medicine.

Running tips

Here are Willick's tips on preventing joint damage from running.

- When starting a running program, increase mileage and speed gradually.
- Consider getting a running evaluation to make sure your running gait is sound.
- Wear the right running shoes for your feet and running style.
- Get new shoes every 321 to 482 km.
- Run on soft surfaces.
- Cross-train. Work on flexibility, strength and endurance.
- Rehabilitate all running injuries completely.
- Maintain optimal BMI and nutritional status

3 life

Wellness in brief

Got 20 minutes and a pair of running shoes? You can train for your first 10K run in 10 weeks. The thought may be intimidating, but if you start small and build, it can be quite easy. The first week, for instance, you would walk/jog for 20 minutes three times a week. On Sunday, you'd run for 15 minutes. On week two, you would add five minutes here and there, and then you'd keep building your jogs by five or 10 minutes each week.

CELIA MILNE

More 'average guys' are turning to cosmetic surgeons for fountain of youth

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www.ottawaeyeclinic.ca

After watching Black Swan, you must have wondered how Natalie Portman got her figure Mary Helen Bowers, founder of the 'Ballet Beautiful' method and Portman's personal trainer (she was thanked in the stars' Oscar speech), tells us how we, too, can get our body swan-beautiful.

Get a body like Natalie Portman

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

At the Academy Awards, Natalie Portman didn't look much like a dancer, with her baby bump showing under a red carpet-ready dress. But there's a reason she thanked Mary Helen Bowers in her acceptance speech. The trainer got her in shape for the most demanding role of her life (besides "mom"): a ballerina.

A ballerina's body shape, with long lean muscles and elongated posture, is unique because their workout engages smaller muscles.

"I work those muscles that are important for a dancers strength," explains Bowers.

Instead of working your quads, ballet works the inside and the back of your leg. It also raises your centre of gravity as you're often pulling up through your stomach and opening your shoulders so that you're working your back and upper body. Combining resistance work and low impact cardio is key.

The four areas targeted by Ballet Beautiful, a program developed by Bowers, illuminate more.

LEGS & BUM

The focus is on the inside and the back of the legs; the inner thighs, the hamstrings and the bum. All are targeted in isolation to build up resistance and allow the body to become more flexible. "I work the inner thigh with leg lifts and do bridges for the bum," says Bowers.

STOMACH

Your "centre" of balance or "core" is your stomach. "Strengthen this area by doing some abdominal series and always thinking about pulling in your stomach," says Bowers.

UPPER BODY

"People envy a dancer's long neck, open shoulders and beautiful posture, but without inner strength and structure, this isn't going to happen," says Bowers. Conscientiously opening and lifting your shoulders will help develop a perfect pose.

ARMS

Arm dips are the best way of getting strong arms that aren't bulky. "Use your own body weight — there is no danger of building up too much muscle."

Ballet every day

- Apply the principles of ballet to your everyday life. At work, sit up high, have your back straight and pull your stomach in. Engage your centre and think about your posture even when you're cooking dinner or driving.

THE BALLET BEAUTIFUL WORKOUT

MARY HELEN BOWERS

BALLET BEAUTIFUL .COM

BALLET BEAUTIFUL

1 OPENING STRETCH

Dancers stretch at the beginning, middle and end of a workout to keep muscles long and limber. Begin by bending your front knee towards the hip and stretch the back knee out long behind you. Lift up through your chest and use hands as a brace. Don't work beyond your range of motion.

BALLET BEAUTIFUL

2 ABS WITH A TWIST

Begin seated on the floor with the legs slightly bent. Open the arms to the first position, pulling the stomach in flat. Twist to one side with the arms in first, keeping your chest open and your abs engaged. Lift and change sides, pulling in with your stomach the entire time. Repeat 30 times.

BALLET BEAUTIFUL

3 ATTITUDE LIFTS

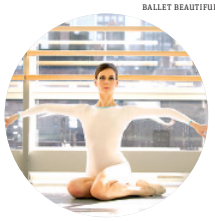
This lift targets the muscles in your bum, hamstrings and lower abs. Begin on your hands and knees and extend one leg to hip height behind you with the knee bent. Pull the stomach in flat and lift the leg higher. Lower back down to hip height and lift the leg again. Repeat 30 times.

BALLET BEAUTIFUL

4 DIPS

Place your hands just behind your hips and the feet in front of you with the knees bent. Keep your chest open and the stomach flat. Keep the hands facing front towards the toes and the feet flat. Pull in and lift the hips off the floor, stretching the elbows, lifting a foot if you can. Repeat 30 times.

BALLET BEAUTIFUL



5 SWAN ARMS

Begin either standing or sitting up straight pulling in through the stomach and opening the chest. Stretch the arms out. Drop and bend the elbows down, lowering the arms. Then lift the elbows and raise the arms from the elbow. Lower again and lift. Repeat 30 times.

BALLET BEAUTIFUL

6 ARABESQUE EXTENSIONS

Work the inside and back of your legs, your centre and your bum. Keep your chest open and stomach pulled in. Lift the extended leg into the air behind you while the knee is stretching straight back. Bend and straighten the standing knee.

BALLET BEAUTIFUL

7 SPHINX STRETCH

This releases muscles in the fronts of the hips and thigh, keeping the muscles long and supple. Sit on the floor, bending the front knee. Bend the back leg and lift the foot towards your upper body, stretching through the front of the leg. Keep lifted through your upper body centre and chest.

Pilates: The basics reviewed

Strength isn't measured by how many kilometres you can cram in your gym session Pilates works your body to make sure that you can face everyday tasks with ease Trainer Mark Anthonys tells us more

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Ask a body builder to reach his arm out to the sky and watch him struggle. He may be able to lift hundreds of pounds with his bare arms but when it comes to something as simple as an upward stretch, he's stuck. The problem with intense workouts, such as weight lifting or running, is that even though building the muscles will help them get stronger and bigger they will also start to get shorter and tighter, limiting the body's range and breadth of movement.

A mind and body workout

Pilates is a full body workout that was developed to work our body from the stomach area, known as the core. Working from the fact that our entire body is

MICHAEL ROBERT WILLIAMS

▶ Mark Anthonys

interconnected, the exercises aim to create power and strength by working the inner muscles that connect your body together. The idea is that as you build up your inner strength, you also work at lengthening and stretching out your muscles to allow your body to be more flexible.

The power of the breath

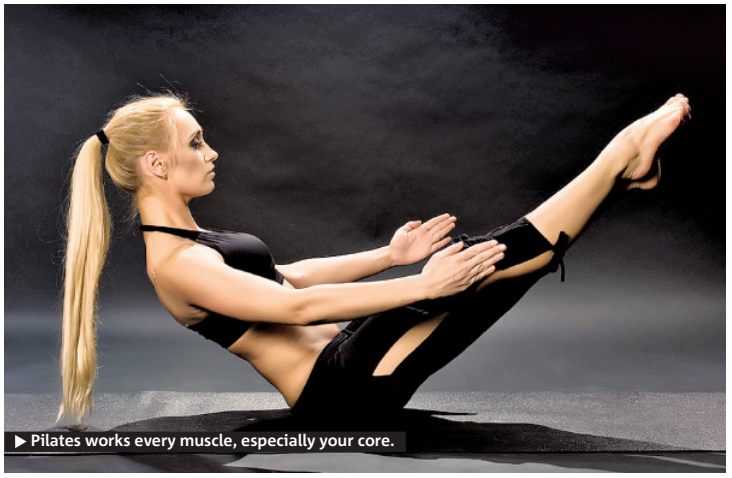
One of the founding principles of pilates is the power of the breath in helping carry out and control the movements. The breathing technique is to inhale through the nose and out through the mouth, engaging the core and carrying out the move as you exhale. The pressure you create is what will help you push your body into the position.

Who should be doing it and why

Pilates is good for everyone, whether you're 10 or 70 years old, as it will strengthen the core, improve balance and coordination and decrease stress. It can be particularly good for pre- and post-pregnancy, people with tight muscles and men who usually focus more on muscle building. The core exercises will help pull the stomach muscles back in after giving birth and throughout the pregnancy and strengthen the pelvic muscles. Men are often quoted as saying pilates is "easy" but their muscles are often short and tight, making them inflexible. Alternating bodybuilding exercises with the workout will help them become more flexible and agile. The low impact is also perfect for those suffering from bad joints.

For more information, check out mark anthonysuk.com.

MARK ANTHONYS



▶ Pilates works every muscle, especially your core.

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Thoughts on ... silence

UNPLUG. When we are caught up in the hustle and bustle of life — the antidote is silence. Gift yourself with silence each day. This will develop a greater sense of well being in all aspects of your busy life. Find a few minutes each day to completely unplug. If you wish to experience life, rather than be swept away by it, then be sure to set aside some time, no matter how brief, to linger in the oasis of silence. For there you will be able to recharge your batteries, tap into your inner wisdom and experience the gifts of wonder and awe.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW. AWAKENINGSCANADA.COM

The best of the best when it comes to superfoods

DAILY SQUEEZE

MEGHAN TELPNER
MEGHAN TELPNER IS A HOLISTIC NUTRITIONIST AND CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

We've been hearing a lot of buzz about superfoods lately. From chia seeds to acai berries, many of these foods are loaded with antioxidants, plus an endless array of nutrients.

To help you choose the best of the best, here are five super-foods making huge strides on the healthy eating scene. Look for each at your local health food store.

MEGHAN TELPNER

▶ Raw cacao is one the tastier superfoods out there.

Maca

The Buzz: Also known as Peruvian ginseng, maca is typically is found in powdered form, though it comes from a root. It's been credited for helping balance out hormones, enhance libido and boost stamina. Maca is also rich in many vitamins and minerals including vitamin B1 and phosphorus.

Tips for using: Add ½ a teaspoon to a smoothie, sprinkle some onto your oatmeal, add a dash to a brewed tea.

Spirulina

The Buzz: With its emerald green hue and finely powdered consistency, this algae is a fabulous food to help boost energy, cleanse and fuel your cells. Containing a hefty spectrum of 10 mixed carotenoids, spirulina gives us maximum antioxidant protection, as well as a highly usable source of protein and GLA, an essential fatty acid.

Tips for using: Starting out with ¼ tsp, add to smoothies, stir into oatmeal, or yogurt or favourite homemade salad dressing or dips. Kids love its bright green colour in smoothies too.

Hemp Hearts

The Buzz: Bursting with detoxifying chlorophyll and highly absorbable protein, hemp hearts taste nutty and pair well with both sweet and savoury foods. What's more, they contain a perfectly balanced ratio of omega-3 to omega-6 fatty acids, helping to reduce inflammation, boost our immune systems, reduce cardiovascular disease, and give our brains a healthy boost.

Tips for using: Sprinkle on salads, throw into trail mix or use as a topper for hot and cold cereals.

Miso

The Buzz: This salty superfood comes in paste form and is the result of fermenting soybeans along with a yeast. The bacteria used in the fermentation process synthesizes vitamin B12, and therefore the resulting paste is a great source of this nutrient. It is also rich in protein as well as the minerals zinc, manganese and copper. Miso holds probiotic prowess as a result of being fermented. This helps keep our good gut bacteria thriving and digestive systems happy.

Tips for using: A little bit goes a long way as miso is very salty. Stir a few teaspoons into already boiled water for a quick satisfying soup. Add two teaspoons to an oil and vinegar salad dressing in place of salt for a Japanese inspired flavouring.

Raw Cacao

The Buzz: Possibly the most delicious superfood of all. Raw cacao comes from the bean of the cacao plant and is essentially unroasted chocolate. It is extremely rich in antioxidants, contains massive amounts of the mineral magnesium, which builds strong bones and is often the most deficient nutrient among North Americans. What's more, it's a natural mood-booster due to its effect on serotonin levels.

Tips for using: Mix with boiled water/milk and honey for a raw hot chocolate treat. Add to smoothies and in baking for delicious brownies and cookies. **FOR MORE INFO, VISIT DAILYSQUEEZE.CA.**

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Odds are, anything you clean around the house, you spend more than 37 seconds doing it. Certainly many people will spend more time than that cleaning their kitchen sinks and counters. Of course, we know it is important to make sure you do not allow bacteria to build up in those very areas you will be preparing your food.

So based on that logic, you should also be just as concerned about removing bacteria from the area the food enters into your body...namely, your mouth. In fact, we recommend nothing less than two minutes should be spent brushing your teeth.

Then you need to remember that **brushing, no matter how thoroughly, is simply not sufficient to ensure that you have properly cleaned your teeth**. In fact, the best you can do with brushing alone is cleaning **65% of the surface area of your teeth**.

The reason for this is simple. Approximately **35% of the surface area of your teeth is found in the spaces between your teeth**. Your toothbrush simply cannot access these areas effectively. To make sure you get at this 35%, you need to make sure you take the time to **floss every day!**

Dr. Bao Nguyen
Dental Surgeon

Think about it…you would not feel good preparing your meals on counters that were only 65% clean. Imagine all the potential bacteria that could get into your food that way.

Now **think about the bacteria that will build up on your teeth if you leave 35% of the surface area unclean**. No matter how effectively you clean the rest of the teeth, bacteria will build up between them. The longer it is allowed to remain, the more damage it will do.

Plaque **will** develop and it will spread. Bacteria will attack the gums, likely leading to **gum disease which is a leading cause of tooth loss amongst adults.** You might develop more serious health complications, including infections in the bloodstream, asthma, or even heart disease.

The simple act of adding flossing to your regular oral health care routine, combined with brushing for at least two minutes, is all that you need to do in order to reduce the risks of these serious health complications. We understand that we are asking you to commit more than 37 seconds to your routine. But you have to ask yourself…**isn't your health worth it!**

We believe it is! We believe **YOU are worth the investment!** You deserve the best in oral health care for yourself! That means proper brushing and flossing. **It also means regular visits to the dentist** to confirm your oral health is being properly maintained.

So invest the time in yourself! Because recognizing you deserve the best in oral health care is a healthy habit…and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon

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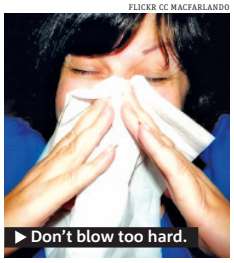
Everyday things that could give you a bad back

Most of this is common sense but it's worth repeating. Especially if you don't stand up straight or support your back.

FLICKR CC MACFARLANDO



▶ Don't blow too hard.

1 **Your office chair:** Slouching over your computer for hours on end as you work towards a deadline will strain your back. Make sure you get up every hour or so to stretch out your back and get your blood circulation going.

2 **Driving:** The hour commute to and from work you spent hunched over the wheel could be why you are in pain for the rest of the day.

3 **Bad cold:** If you have been coughing and sneezing a lot for the past few weeks you could have strained a back muscles from the effort.

4 **Being overweight:** Any extra body weight places an extra strain on the joints, bones and muscles of your spine.

5 **Stress:** People that are under a lot of pressure have been shown to unknowingly tense their back muscles, causing short term pain.

ROMINA McGUINNESS

FLICKR CC FROZENCHIPMUNK

▶ He's sad because he's slouching.

Advice

CLOVE: A BUDDING HEALTH TOOL

HELEN AMBROSEN
LUSH CO-FOUNDER AND PRODUCT INVENTOR

The expert tells Metro about the benefits of the clove bud.

Oral health: Cloves contain the numbing agent eugenol. This is used in dentistry in order to help deal with toothache and numb pain. Its strong aroma helps freshen the breath when chewed.
Anti-bacterial: Cloves help control and breakdown bacteria on the surface of the skin. Although sweating is necessary as part of the metabolic process, it releases bacteria that release an odor when broken down. When added to body creams, clove oil helps control bacteria growth, making it an effective ingredient in balms.
Stimulating: The hot and peppery clove bud has warming properties, helping to increase the circulation and blood flow throughout the body. This improved flow makes it an effective aphrodisiac.

Fresh feet

Pied De Pepper
This spicy cream will get you back on your feet in no time. The clove bud and ginger essential oils soothe worn out feet and the cinnamon and lemon oils refresh and deodorise. The cocoa butter and olive oil help soften out the hard skin.

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Dr. Sébastien Ricard, Optometrist
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Dr. Rebecca Hannan, Optometrist
613 841-8703

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153 O'Connor at Laurier
Dr. Ghassan Neema, Optometrist
Dr. Nhu Ngoc Vo, Optometrist
613 237-7278

Train Yards - 500 Terminal Avenue
Dr. Nhu Ngoc Vo, Optometrist
613 688-5094

Rideau
137, Rideau Street (Near Nicholas Street)
Dr. Angela Malik, Optometrist
613 680-9376

A reminder from your eye health professionals:
Visiting your optometrist regularly is good prevention.
An eye exam will identify vision problems and eye diseases that may affect your daily life.

Why we won't be ... skipping meals

1 You could gain weight: Strenuous, effective workouts require lots of energy. By not eating, we won't have sufficient energy to do anything strenuous, so forget calorie busting cardio workouts or simple daily things such as riding our bike to work. We will feel lethargic and our metabolism may slow down as it clings on to the small amount of calories you have consumed. Not eating can also have an impact on your metabolic rate.

2 We could end up overeating: Not eating will make you feel hungry and as a result, you may crave sugary, fatty foods and anything filling enough to quench your appetite. It's been said a million times but it's true: Breakfast is the most important meal, and the one that sets you off, helping you feel less hungry throughout the day. Skip your morning meal or lunch and you'll be pretty much starving by dinner.

3 It slows you down: Glucose provides our brain with energy to function properly, and a lack of it could affect your overall mental performance. Going to an interview on an empty stomach is a bad idea because concentration levels will be lowered. Not eating can affect your body's ability to control appetite, as you lose the regularity of set times and meals. ROMINA McGUINNESS

Brought to you by Dairy Farmers of Canada

The Health Benefits of Omega-3 DHA

Jane Dummer, RD

With all the health benefits linked to omega-3s for both you and your family, it's no surprise they are being added to many everyday foods. They can be found in products such as milk, yogurt and cheese that are enriched with DHA—a specific omega-3—to take extra advantage of the goodness of this nutrient.

Benefits Galore

Omega-3 fats are important during all stages of life.

Omega-3s, especially DHA, are crucial for the healthy brain development of infants and children, when its growth is at its fastest and most crucial stage. DHAs pass from mother to baby during pregnancy and breastfeeding, so it's especially important for expectant and new mothers to make sure they get enough in their diet. Once toddlers switch to homogenized milk they need another source of DHA—thus the importance of fish and enriched foods.

Not only do DHAs help develop healthy eyes in babies and children, but low intakes have been associated with numerous neurological and visual system problems. And the benefits don't stop in childhood. In adults, DHAs are strongly associated with lowering the risk of heart attack and stroke.

And if all that's not enough evidence as to why you should include omega-3s in your family's daily diet, studies also suggest that the anti-inflammatory properties of these fatty acids may reduce the stiffness and pain of joints afflicted with arthritis.

What are Omega-3s?

Omega-3s are a type of polyunsaturated fat known to be good for health. The three main types are ALA, DHA and EPA. ALA is an essential fatty acid, which means our bodies need it, but we can't produce it on our own, so we need to get it from the foods we eat. Walnuts, flax seeds and canola oil are good sources.

Our bodies can produce DHA and EPA from the ALA we consume, however, this is not as efficient as getting them directly from food, therefore, it is important to consume DHA and EPA through our diet. These omega-3s can be found in fatty fish such as salmon, sardines and mackerel. Research shows that both DHA and EPA are important in many areas, including heart health and brain health.

THE EASY SOLUTION

While there is no official recommendation in terms of how much is enough, experts suggest a daily intake for healthy adults of DHA plus EPA in the range of 250 to 500 mg from their diet to benefit from the protective effect against heart disease. Also, a daily intake of 100 to 150 mg is proposed for children to assist with brain development.

DHAs are found mainly in fatty fish. Current recommendations for Canadians include 2 servings of fish per week. In addition to fish, DHA-enriched milk products make a lot of sense because they are more likely to appear on the menu on an everyday basis, just one more reason to benefit from at least 2 to 4 servings of milk products a day as recommended by Canada's Food Guide to Healthy Eating.

Build omega-3s into your routine

- Sprinkle walnuts on your yogurt and ground flax seeds in your baking.
- Try to have a couple of servings of higher-fat fish for dinner every week such as salmon, mackerel and sardines.
- Scramble up a couple of omega-3 enriched eggs for breakfast.
- When you go grocery shopping, bring home DHA-enriched milk, yogurt and cheese and enjoy some each and every day.
- For new easy ways to enjoy DHA-enriched milk products, use them in your regular recipes or check out some of ours at the website below.

dairygoodness.ca/omega3

100% CANADIAN MILK

Banish that bad breath

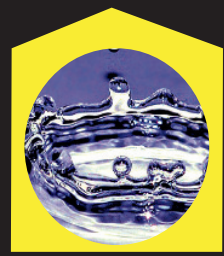
Don't blame the raw onion in your salad for your bad breath, otherwise known as halitosis. According to nutritionist Michele Kingston, anything from poor dental hygiene, a build up of plaque, infected gums and abscesses can cause odors to emanate from our mouth. A sluggish bowel and poor digestion (when food is digested slowly, it can putrefy in the bowel and release an odour through the mouth) along with smoking and dehydration can cause the smell.

A clean diet

Improve digestion by eating lots of fibre from vegetables, fruits and whole grains. Go heavy on crispy, fibre rich fruit and vegetables such as apples, carrots and celery as these chewy foods increase the production of saliva, that helps keep the mouth moist and wash away the particles. Their firm texture can also help scrub away bacteria.

H_2O

Drinking water avoids dehydration, which leads to an accumulation of bacteria in the mouth. It also helps increase the production of saliva, whose antibacterial properties help rinse out the bad bacteria from the mouth. Saliva also contains oxygen, which fights bad smelling bacteria. Stay clear of caffeinated drinks and alcoholic beverages, which causes dehydration.



Cigarettes

Smoking not only leaves a stale taste in your mouth, it also happens to have a negative effect on bowel function as it uses up valuable nutrients in the body required by the gut to function properly. Smoking also kills off the beneficial bacteria in the gut allowing the 'bad' bacteria to proliferate.

Poor dental hygiene

Forget to brush your teeth and you may as well wave goodbye to your social life. Brush for at least two minutes, twice a day, including a good cleaning of the tongue. Floss daily as brushing alone is sometimes not enough to remove food particles that have gotten stuck in between the teeth. Finish off with a mouthwash made with a few drops of essential oils of tea tree, peppermint, thyme and lemon.

ROMINA McGUINNESS

FLICKR CC MUFFET; FLICKR CC DRRELLING; FLICKR CC BORODA; FLICKR CC SKIPPYJON

Stone Soup Foodworks offers souplicious lunch

Although some of the options fell flat, this speedy option still wins

SHARI GOODMAN

Thai Beef Soup ($8).

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

I've been hearing rave reviews about the soup served out of the converted chip truck, spotted recently at Winterlude.

We ordered a Beef Chili with Organic Berkshire Chorizo, a Mushroom and Barley Soup and two Thai Beef Soups to take back to our Kanata campus.

Opening the cardboard bowl of Thai Beef soup caused a moan of scent pleasure. However, the moan didn't match the taste expectations. The Mushroom and Barley soup was flavourful but lacked the heartiness I wanted from a soup-lunch meal deal.

The crusty, chewy bread on the side, though, is worth a trip on its own.

It turns out the winner of the bowls was the Beef Chili with Organic Berkshire Chorizo. Filled with vegetables and a heat that caused the diner to exclaim it was the best chili he'd tasted.

I want to return to this green kitchen and try its other offerings. Or maybe I should just sign up for its "soupscription" and get soup delivered to my home. Souplicious.

Stone Soup Foodworks
Converted chip truck currently located at University of Ottawa, at the south of the Engineering Building
613-627-5383
Price range: $
Rating: 4 out of 5

Hughes feels Iron Chef heat

Montreal chef Chuck Hughes was torn when he saw that Canadian lobster was the secret ingredient in his Iron Chef America battle against culinary superstar Bobby Flay.

While lobster is a staple at his restaurant, Garde Manger, and he has a tattoo of the crustacean on his forearm as a testament to his love for it, he also felt it could ruin his reputation if he lost the battle.

"It was like: 'If I don't win, then do I need to cut my arm off? What happens if I don't win? I'm a sham!'"

Thankfully, no amputation was necessary.

THE CANADIAN PRESS/ THE FOOD NETWORK

Canadian chef Chuck Hughes with Bobby Flay.

As viewers saw Sunday when the episode debuted on Food Network Canada, Hughes beat Flay 45 - 41 to become the second Canadian chef to emerge victorious in Kitchen Stadium. Vancouver's Rob Feenie was the first, defeating Iron Chef Masaharu Morimoto in 2005.

"Now I feel like the pressure is on even more," said Hughes, who had to keep his victory a secret until the episode aired here. "It's almost like now you need to live up to the fact that you won."

Hughes and his two sous chefs from Garde Manger, Jean-Francois Methot and James Baran, went into the hour-long cooking showdown against Flay and his team last July in New York City.

Hughes kept his menu in line with the comfort food for which he's known: Lobster roll with a Bloody Caesar cocktail; lobster poutine; lobster and onion ring salad with carrot butter and avocado; lobster mushroom risotto; and jerk-spiced lobster.

THE CANADIAN PRESS

THE CANADIAN PRESS HO

Potato Scones

EMILY RICHARDS
FOOD@METRONEWS. CA

Here is an easy way to use up some leftover mashed potatoes to create a new recipe. The addition of mashed potato ensures that the scones stay moist for longer.

Preparation:

1. In bowl, combine all purpose and whole wheat flours, sugar, baking powder, salt and nutmeg. Using pastry cutter, cut in butter until mixture is the consistency of cornmeal. Stir in raisins.
2. In another bowl, whisk together potatoes, whole egg, yolk and milk until no lumps remain. Make a well in centre of dry ingredients and add potato mixture all at once. Stir with fork to make a soft, slightly sticky dough. If necessary, add 1 to 2 tbsp (15 to 30 mL) more milk.
3. Turn out onto floured surface and press lightly into a ball. Knead gently about 6 times. Roll out dough to 1/2-inch (1 cm) thickness; cut into triangles or rounds. Place on ungreased baking sheet. Brush with slightly beaten egg white and sprinkle with sugar. Bake in 450 F (230 C) oven for 13 to 15 minutes.

THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATOES

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 2/3 cups (400 mL) all-purpose flour
- 2/3 cup (150 mL) whole-wheat flour
- 1/4 cup (50 mL) granulated sugar
- 4 tsp (20 mL) baking powder
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) ground nutmeg
- 1/3 cup (75 mL) butter
- 1/3 cup (75 mL) raisins
- 3/4 cup (175 mL) mashed potatoes
- 1 egg
- 1 egg yolk
- 3/4 cup (175 mL) milk (approx)
- 1 egg white, lightly beaten
- Granulated sugar

LOVE GROWS IN HOME DEPOT

Names: Rachel, 26, and Jason, 24

Current city: Ottawa

Together since: 2006

Their story:

▶ Rachel and Jason's love story began at a Home Depot.

Jason and I (Rachel) met at the Home Depot where we both worked at the time.

One day, while I was working cash in the garden centre, he came over and started flirting.

I thought he was so cute, but he was known as a huge flirt so I didn't take him too seriously.

A few weeks later, Jason started slipping me notes as he walked past my cash on his way to his department in the store.

Those notes soon turned into emails, which turned into our first date — during which he was called upon to defend my honour, save me from a baby skunk, and wake my mom up at 3 a.m. (I forgot my keys!).

Even with all that drama, he stuck around!

We're now engaged, living together and planning our 2012 wedding. And Jason's not just a great fiancé — he's also an amazing co-parent to my seven-year-old son.

We're both so lucky to have found Jason!

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

TAKEOUT TROUBLES

It seems our couple friends are always dropping by our condo unannounced after work and we inevitably end up feeding them. Ordering takeout is beginning to take its toll — on the wallet and the waistline. Help!

Angela says ...

This is the price you pay for being so darn great. Ask your friends to split the cost of takeout, if you haven't already. Or have them take turns in your kitchen. It might turn into a fun, regular event. You could always start texting your friends around the time they're set to arrive with a shopping list of ingredients they should pick up on the way over. They'll either get the hint, or dive right in and create some gourmet meals for you.

Derek says...

Great food brings good friends together. My father-in-law is a great cook who loves to throw parties. His go-to meal for an impromptu gathering is pasta. It might seem like an obvious choice, but it's fast, cheap and you can keep a handful of ingredients on hand at all times for a variety of savoury options. (Share your recipes with us on Twitter @smugmarrieds.)

Eat your vegetables...

AND PAY YOUR DEBTS!

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Your penny persona...

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

What's your money personality? Laurie Campbell, executive director of Credit Canada, a not-for-profit debt and credit counseling charity, slots spenders and savers into five categories.

Take the quiz and see how where you fit.

Question No. 1

• I'm afraid of running out of money before I die
• I save money with no specific goal or purpose
• I don't improve my standard of living because I don't want to spend money
• I often find myself grumbling about the cost of living

If you answered yes to two or more of these then classify yourself as a:
TIGHTWAD

Question No. 2

• I have haphazard spending habits
• I feel tomorrow may not come or doesn't matter so I spend today
• I don't save for emergencies, major purchases or the future
• I have lots of credit available and debt that never seems to diminish

If yes to two or more then your money personality tends to the:
SPENDTHRIFT

Question No. 3

• I set goals and have a financial plan for the future
• I have a budget and I make adjustments as my life changes
• I live within my means
• I keep my debt to a minimum

Do two or more fit you? If so then you are a:
GUARDIAN

Question No. 4

• I have big dreams and I'm tempted into get-rich-quick schemes

ISTOCK

▶ If you don't like the type you tilt towards, then this little quiz might motivate you to change. You can get help at creditcanada.com.

• I have no savings and pay for most larger purchases with my credit card
• I have no budget and don't track what I spend
• I like to take financial chances and hope my ship will come in to pay them off

If two or more fit you then you are a:
GAMBLER

Question No. 5

• I have financial goals and a general plan
• I try to make regular RRSP\RESP contributions but am not always successful
• I have moderate to heavy debts but also some savings
• I believe a budget is a good idea but don't have one

Two or more yeses means that when it comes to money types you are a:
WORK IN PROGRESS

Big results on return

In today's economy it seems our tax returns can't get here fast enough. Who doesn't love a little extra cash in their pocket? Here are some small suggestions that will help yield large returns.

Pay down credit card debt
By decreasing your principal, your interest payments will also lower, leaving a little more breathing room at the end of each month.

Place money in a savings account
If you've been eyeing travel brochures or checking price drops on that 50" flat–screen television, putting a portion of your tax return into a savings account will help you reach your ultimate goal faster.

Make a donation
The rising costs for everything from food to transportation around the world mean that non–profit organizations and charities working in developing countries are also feeling the pinch. "For example, it now costs more for our field workers to provide daily meals to children in school and to bring necessary medicine and vaccines to health clinics," says Mark Lukowski, CEO, Christian Children's Fund of Canada. "But most of all, it is stressful for the children and families who were already living in poverty and who now wonder how they can afford a bag of rice or their children's school fees." Give a gift to help someone in need at ccfcanada.ca.

NEWS CANADA

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

HAVE KIDS, WILL SAVE

Raising a family is expensive. Households with children spend approximately 20 per cent more on food, clothing, shelter, and entertainment when compared to households without children.

Parents can ease the financial burden by accessing helpful tax credits.

Most helpful is the Child Tax Credit which is $2,101 per child under 18 years of age. This equates to approximately $315 in federal tax savings per child. If the credit can't be used by one parent to lower payable taxes, the amount can be transferred to a spouse or common-law partner.

Regardless of household income, the Universal Child Care Benefit (UCCB) is also available to families with children under the age of six. The benefit works out to $100 per month and it is taxed on the return of the parent with the lower income. If you're a single parent, you can claim this benefit in the income of the child for whom you are claiming an amount for.

Lower income families have access to the Canada Learning Bond which provides $500 at birth for children whose families are entitled to the National Child Benefit Supplement. So long as the family qualifies, they will receive an additional $100 bond each year until the child is 15 years old.

The Registered Education Savings Plan (RESP) provides an opportunity for parents to save for their child's education. Parents, grandparents or friends can contribute up to $50,000 over the lifetime of the RESP through one lump sum payment or regular monthly or bi-weekly contributions (hint-hint: use the $100/month UCCB). Contributions benefit from tax differed growth.

Through the Canadian Education Savings Grant program, the RESP receives a 20 per cent "top-up" of the contribution (up to $500 annually and $7,200 throughout the life of the plan). Parents don't receive a tax deduction when they contribute to this plan.

Child care expenses from daycares to nannies can also be claimed by the lower income spouse on their tax return. Any unused amount cannot be claimed by the higher income earner unless there were special legal, medical, educational, or marital circumstances.

Keep your receipts for all relevant tax credits and benefits. Visit the Service Canada website for more information servicecanada.gc.ca.

Second careers are becoming more common If you've been out of school for some time, the prospect of a second career can seem daunting There are a number of federal and provincial programs to help you make the leap

ISTOCK

A case for continuing education

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

When Janet Fleet lost her job as a receptionist and was unable to find employment, she decided to go back to school for a new set of skills.

She completed the Continuing Care Assistant program and is now gainfully employed in the field.

"I am very satisfied with the career choice I decided to take. It's very rewarding and I would recommend people who are looking for a career to go into something like that," says Fleet.

The reality of Canada's "great recession" is that for two years a million and a half Canadians have been unemployed and many are working in poorly-paid, part-time jobs.

As a result, laid-off workers are seeking new ways to improve their skills or retrain for a completely different career.

At the same time, not everyone retrains because of job loss.

Career-oriented employees are constantly upgrading, looking to advance their careers and stay current with the latest practices in their fields. Some are just looking for a fresh start; it's not uncommon to switch careers these days.

There are a variety of options to upgrade your skills, ranging from on-the-job training, courses and apprenticeship programs, to starting your own business.

As part of Canada's Economic Action Plan in 2009, an additional $1 billion was invested over two fiscal years to respond to increased demand for training programs because of higher unemployment resulting from the economy.

Government training programs are a great place to start. Depending on your province, Employment Insurance (EI) programs and training may be administered by the federal government, provincial government or a combination of both.

For example, the federal apprenticeship incentive grants are designed to attract and encourage apprentices to complete their training.

Eligible apprentices could receive up to $4,000, which can be used to pay for tuition, travel, tools and other expenses.

The B.C. Job Opportunities Program is one of three community development trust programs formed to create job opportunities for unemployed resource workers.

According to their website, "The Job Opportunities Program is making a difference in the lives of resource workers, their families and their communities in many parts of British Columbia."

In 2008, the Second Career program was launched by the Ontario Ministry of Training, Colleges and Universities.

It would provide up to $28,000 to eligible, laid-off workers to cover tuition and living expenses as they retrain for new jobs.

Unfortunately, a number of these government training programs' funds are drying up this year. The B.C. Job Opportunities and Transitional Assistance programs are closing at the end of the month, as well as Ontario's Second Career program.

However, there are still numerous alternative funding schemes available to individuals, companies and unions to deal with the costs associated with training, retraining and education.

Paying your way

- The Lifelong Learning Plan (LLP) is provided by the Canada Revenue Agency and allows you to draw funds from your RRSP to finance training or education. Visit the CRA site at cra.gc.ca.
- For federal apprenticeship incentive and completion grants, applications are online at service-canada.gc.ca, or call toll-free 1-866-742-3644.
- To find Continuing Education Classes in Ontario start by contacting the post-secondary education institution of your choice. For a list of all Ontario universities, career colleges and community colleges that offer continuing education courses, visit Canada's Higher Education and Career Guide at canadian-universities.net/index.html.
- You can also contact the Ottawa-Carleton District School Board at (613) 596.8211 or the Ottawa Catholic School Board's Continuing and Community Education program at continuingeducation.ottawacatholicschools.ca.

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Adult literacy: Never too late

▶ There are a number of adult literacy classes available throughout your city.

Adult illiteracy – It's more common than you think
Those that struggle to read develop tricks to hide it

ALEX NEWMAN
LIFE@METRONEWS.CA

Brian Armstrong, a 37-year-old businessman, has a secret he's willing to share. Until age 23, one of the few things he could read was a menu, and even that wasn't always correct. If it hadn't been for an insightful and determined "former biker" friend, he'd still be that way.

Hardly anyone knew, because Armstrong became an expert at cover-up — timing bathroom breaks in meetings so that when a written report came around to him he wasn't there to read it, and having two sympathetic staff who, unasked, concealed the truth from others.

After Armstrong's struggle was discovered, he was given a strict regimen by his friend — reading five pages a day, highlighting what he didn't understand, and journalling on everything from getting up to shaving to brushing his teeth.

"But he never belittled me, or made me feel stupid," Armstrong recalls.

Armstrong's literacy problems began in elementary school, thanks to an abusive home life, illness and a school system that didn't push him to the next level.

By Grade 8, he was so far behind, he quit school.

It's not an unusual story — considering that 42 per cent of Canadians have low enough literacy skills that they can't fill out a medical form, and of those, 15 per cent function at the lowest level.

But the veil of secrecy has most believing they're alone with this problem and unable to scrounge up the courage it takes to ask for help, says Adrienne Laughington, coordinator at Edmonton's Centre for Family Literacy.

So it's left to family members and friends — like Armstrong's biker friend — to figure out if there's a problem and then suggest ways to correct it.

Although the Literacy Centre occasionally advertises on radio, buddies with other community programs and puts up easy-to-read posters, Laughington says "the best advertising is through word of mouth.

We have a learner right now who is recruiting his friend to join our program."

Employers, though, would be well advised to identify staff with literacy problems — Armstrong can tell concealment tricks right away.

Statistically speaking, it's in their best interest.

According to 2005 Statistics Canada numbers, employers who make use of literacy programs see a 251 per cent rate of return on improved productivity.

While Armstrong's transformation was "painful," he says it was worth it.

"Developing a habit of highlighting words I don't quite grasp has given me a deeper understanding of how to use words and my dream is to one day write a book," Armstrong said.

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The world is your oyster

ESL 101

If you're serious about ESL training, go to the TESL Canada website at tesl.ca and find an accredited program near you.

- Choose a course that gives you hands-on teaching experience.
- Many ESL programs for teachers require an undergraduate degree. Full-time community college teaching jobs are scarce and require a master's degree.
- If you'd like to teach abroad, a CELTA certificate from Cambridge University, offered across Canada, is widely recognized.
- Note that some overseas employers prefer young English teachers.
- Check out eslcafe.com.

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ISTOCK IMAGES

▶ When it comes to ESL teaching, you can't walk into class unprepared.

ESL teaching may seem easy from afar, but just because you know English doesn't mean you're qualified But it certainly can be a very satisfying job

CYNTHIA DAVID
LIFE@METRONEWS.CA

Looking for a job where you can travel the world while getting paid, or stay home and have the world come to you?

Teaching ESL, or English as a second language, may be for you.

TESL Coordinator Irene McKay of Toronto's George Brown College, says she recommends ESL to anyone who loves to interact with people and learn about other cultures.

But there are a few things she'd like potential teachers to know.

"The job is physically challenging and demanding," McKay said. "If you're teaching five to six hours a day it takes a lot out of you, and you have to be well prepared to keep your students motivated and stimulated."

She also advises potential candidates that courses such as George Brown's are tough. You need to master grammar to be able to teach it, and don't expect to stand up and lecture your class of 25 adults — today's ESL classes are interactive, with group activities and games to plan.

"You have to be open, flexible and empathetic," McKay said.

In Vancouver, veteran teacher trainer Tillat Khalid of Global Village says teaching English also requires dedication.

"You can't just waltz into a classroom and wing it, talking about last night's hockey game," said Khalid, who warns against expensive quickie ESL courses that may not get you a job.

"And you can't finish work and go home and forget about it."

You won't get rich teaching ESL, either, she notes. Private language schools pay about $25 an hour and may only offer a few hours' work, and there's no job security.

Both McKay and Khalid agree that teachers with a specialty are in demand, whether it's teaching English to snowboarders in Whistler or to nurses and construction project managers in Toronto. Private tutoring is another option.

Despite the downside, neither woman can imagine a profession more gratifying.

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Priceless rewards: Teaching abroad

If you'd like an opportunity to learn about another culture while sharing yours, consider teaching abroad
There are a number of certificate programs and international schools to help on your way

ISTOCK
Teaching overseas can be rewarding and it offers you an opportunity to travel.

CYNTHIA DAVID
LIFE@METRONEWS.CA

On the first day of summer school in China's Zheziang province, my 30 teenage students recited their English names. Among them, Vera, Phoebe, Sofia, Baron, and Iverson, who wore a basketball shirt bearing his hero's name and number.

Another class had cousins named Easy and Crazy.

I was green as a leaf after two semesters of George Brown's ESL teacher training program. The annual trip is a perk for graduates deemed adaptable enough to survive a month in China.

Nobody mentioned we'd be awakened by firecrackers at 4:30 a.m. for days on end, part of the ritual as the villagers nearby buried their dead.

Or that once the typhoon passed, the heat would be so oppressive it was impossible to move without being drenched in sweat.

From our dorm room balconies, we watched men in bare feet, trousers hiked up, working the flooded rice paddies with plows drawn by water buffalo. On Sundays, women washed clothes in a stream, though 10 minutes away they could buy an electric washing machine in the bustling metropolis of Yue Qing.

We'd duck down beside the cafeteria window at mealtimes and point to stainless steel pans of mystery meat, scooped by young women wearing thick white surgical masks behind the glass.

In the hallway, my little girls chattered like birds, yet I had to practically press my ear to their mouths to hear them in class as they shrank into their seats.

To draw them out, I played every game and taught them every pop song I could muster, while trying to interest them in co-ordinating conjunctions and find vocabulary that related to their lives.

Five girls crowded around to talk one day. The boldest, Fei, who'd been Claire until I said her Chinese name sounded lovely in English, said she'd never spoken to a foreigner before, or walked beside one.

Another day, the class monitor informed me the material was too easy, and they'd rather hear about me.

"But I'm supposed to be teaching writing," I protested.

"Yes, but we won't tell," she said.

That's how I ended up describing polar bears and snowy mountains to a rapt audience, along with the world's tallest tower and maple sap dripping from trees and 283,000 Chinese in Toronto alone, and how on the subway you can hear people speaking languages from every country in the world.

You have to be flexible to teach ESL abroad, I learned, but the rewards are priceless.

AU student Matt in Regina, SK

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4 sports

Anderson given keys to the crease

Senators GM strikes deal with goalie ahead of free agency

Craig Anderson has parlayed 11 appearances into a long-term commitment from the Ottawa Senators.

The team announced yesterday they had signed the 29-year-old goaltender to a $12.75-million US, four-year deal, after acquiring him from Colorado Feb. 18.

He's won six games so far, apparently enough for the Senators to decide he'll help lead the rebuild.

"We feel he's brought stability," Senators general manager Bryan Murray said yesterday. "Craig has stepped in and allowed our team to play hockey the way we think we have to play going forward ... Now we can address some other issues."

Anderson arrived in Ottawa for fellow netminder Brian Elliott after a rocky time with the Avalanche this season.

"It's just been a great spot here to come in and get the opportunity to show what I can do, and the fans have been very welcoming and have made it very easy for me to make my decision to want to play here," said Anderson.

Curtis McElhinney has started the last couple of games, but Anderson could return from a lower-body injury tonight night at Carolina.

After making $2.125 million this year, he's set to earn $2.75 million next year, followed by $3 million and $3.5 million in the final two seasons of the deal.

"For me, it's not about the money, it's about having a good fit and finding a place where I'm going to be happy, where players are treated with respect and the organization communicates with their players," he said. "And from Day 1, I've had great talks with the coaching staff, the goalie coach, the general manager, they've all gone out of their way to make me feel like I'm a part of the team ... You can't put a price tag on that." THE CANADIAN PRESS

Proven No. 1?

Anderson is in his eighth NHL season, but only his second as a No. 1 goaltender after stops in Chicago, Florida and Colorado.

- **With the Avalanche** in 2009-10, he went 38-25-7 with a 2.63 goals-against average and .917 save percentage for a surprising young team that lost in the first round to San Jose.
- **His numbers dipped** this year to 13-15-3 with a 3.28 GAA and .897 save percentage as Colorado took a step backward.
- **Since joining the Senators,** he's gone 6-4-0 with a 2.11 GAA and .938 save percentage, but in Anderson's last two starts Ottawa has been outscored 11-5.

JIM MCISAAC/GETTY IMAGES

▶ The Senators are counting on Craig Anderson to put the organization's goaltending struggles of the past to rest.

Senators preview

Senators at Hurricanes
7 p.m.
TV: SNET-E
Radio: AM 1200

Ottawa (27-36-9) has gone 4-2-0 over its last six games and will be looking to continue being a spoiler. The team is fresh off the signing of goaltender Craig Anderson to a $12.75-million US, four-year contract extension yesterday.

The playoff push is on for Carolina (33-29-10), which should be well-rested after last playing on Friday night. The Hurricanes sit three points back of eighth-place Buffalo in the Eastern Conference standings. Leading scorer Eric Staal has gone six games without a goal. THE CANADIAN PRESS

Scan code for more sports

'Harsh response' to Cooke's latest headshot

Matt Cooke has been suspended for the remainder of the regular season and first round of the playoffs by the NHL.

The Pittsburgh Penguin was given the ban after elbowing Ryan McDonagh of the New York Rangers in the head on Sunday.

Pittsburgh has 10 games left in the regular season so the suspension will be a minimum of 14 games. NHL disciplinarian Colin Campbell made the ruling yesterday following a meeting with Cooke at the league office in Toronto.

"The suspension is warranted because that's exactly the kind of hit we're trying to get out of the game."
PENGUINS GM RAY SHERO

McDonagh finished Sunday's game but missed practice yesterday.

"Mr. Cooke, a repeat offender, directly and unnecessarily targeted the head of an opponent who was in an unsuspecting and vulnerable position," Campbell said in a release. "This isn't the first time this season that we have had to address dangerous behaviour on the ice by Mr. Cooke, and his conduct requires an appropriately harsh response." THE CANADIAN PRESS

Sports in brief

Canucks lose faceoff ace

NHL. Vancouver centre Manny Malhotra is out for the rest of the season with a serious eye injury.

He was injured last Wednesday against Colorado when a puck deflected off the stick of Erik Johnson into his eye.

He had surgery that night and questions remain about his vision long-term. THE CANADIAN PRESS

Raonic's rapid rise continues

TENNIS. Milos Raonic has moved up three places in the ATP rankings to No. 34.

The 20-year-old from Thornhill, Ont., lost in the third round at Indian Wells to Ryan Harrison last week. He is 16-4 this year. THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	71	44	19	4	4	228	190	96	21-10-2-2	23-9-2-2	4-4-1-1	W1
d-Washington	73	42	21	5	5	198	176	94	22-8-2-5	20-13-3-0	9-1-0-0	W1
d-Boston	71	39	22	5	5	213	175	88	16-12-3-2	23-10-2-3	4-4-2-0	L2
Pittsburgh	72	41	23	5	3	208	177	90	22-13-2-0	19-10-3-3	5-3-2-0	L1
Tampa Bay	72	39	22	5	6	214	217	89	22-9-1-4	17-13-4-2	2-4-2-2	L2
Montreal	73	40	26	4	3	200	185	87	22-9-3-3	18-17-1-0	7-3-0-0	W1
NY Rangers	73	39	30	2	2	215	179	82	17-17-1-2	22-13-1-0	6-4-0-0	W4
Buffalo	72	35	28	8	1	214	208	79	16-16-3-1	19-12-5-0	5-3-2-0	L1
Carolina	72	33	29	5	5	201	214	76	19-12-2-2	14-17-3-3	4-5-1-0	W1
Toronto	73	32	31	5	5	192	225	74	17-14-3-4	15-17-2-1	5-4-1-0	W1
New Jersey	72	34	34	3	1	154	182	72	17-15-2-1	17-19-0-1	7-3-0-0	W1
Atlanta	72	30	30	5	7	202	237	72	15-14-2-5	15-16-3-2	5-4-1-0	L1
Florida	72	29	33	5	5	182	198	68	15-15-5-4	14-18-0-1	3-4-2-1	L1
NY Islanders	73	28	33	7	5	203	232	68	16-15-1-4	12-18-6-1	5-1-3-1	W1
Ottawa	72	27	36	5	4	164	223	63	13-19-2-3	14-17-3-1	6-4-0-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	73	47	17	4	5	238	172	103	25-8-1-4	22-9-3-1	8-2-0-0	L1
Detroit	72	43	21	5	3	233	204	94	19-11-3-2	24-10-2-1	5-3-1-1	L1
San Jose	73	42	23	4	4	211	191	92	20-11-2-3	22-12-2-1	5-3-0-2	W3
Phoenix	74	39	24	7	4	213	207	89	17-12-4-2	22-12-3-2	6-3-1-0	L1
Los Angeles	72	40	26	4	2	197	176	86	20-12-3-0	20-14-1-2	5-3-2-0	L2
Chicago	72	39	25	3	5	234	203	86	22-14-0-0	17-11-4-4	6-2-1-1	W1
Nashville	73	38	25	6	4	190	172	86	19-8-4-3	19-18-1-1	6-2-1-1	W3
Anaheim	72	40	27	3	2	204	208	85	23-12-1-1	17-15-2-1	8-2-0-0	W3
Dallas	72	38	25	3	6	203	202	85	20-11-2-5	18-14-1-1	5-2-2-1	L1
Calgary	74	37	27	4	6	226	214	84	22-12-1-3	15-15-3-3	5-4-1-0	L1
Minnesota	73	35	30	3	5	185	204	78	17-14-2-3	18-16-1-2	2-6-2-0	L6
Columbus	72	33	29	4	6	195	218	76	16-16-1-3	17-13-3-3	2-5-1-2	L1
St. Louis	72	32	31	4	5	201	214	73	20-12-1-3	12-19-3-2	4-6-0-0	L2
Colorado	71	27	36	7	1	198	250	62	14-17-4-0	13-19-3-1	1-8-0-1	W1
Edmonton	72	23	39	2	8	175	237	56	12-20-1-4	11-19-2-3	3-5-1-1	L6

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results
Pittsburgh at Detroit
Calgary at Los Angeles
Sunday's results
Montreal 8 Minnesota 1
Anaheim 5 Calgary 4 (OT)
Chicago 2 Phoenix 1
Nashville 4 Buffalo 3 (OT)
New Jersey 3 Columbus 0
N.Y. Rangers 5 Pittsburgh 2
Tonight's games
All times Eastern
New Jersey at Boston, 7 p.m.
Florida at N.Y. Rangers, 7 p.m.
Washington at Philadelphia, 7 p.m.
Ottawa at Carolina, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
N.Y. Islanders at Tampa Bay, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Toronto at Minnesota, 8 p.m.
Columbus at Colorado, 9 p.m.
St. Louis at Phoenix, 10 p.m.
Tonight's games
New Jersey at Boston, 7 p.m.
Florida at N.Y. Rangers, 7 p.m.
Washington at Philadelphia, 7 p.m.
Ottawa at Carolina, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
N.Y. Islanders at Tampa Bay, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Toronto at Minnesota, 8 p.m.
Columbus at Colorado, 9 p.m.
St. Louis at Phoenix, 10 p.m.

SUNDAY

DUCKS 5, FLAMES 4 (OT)

First Period
1. Anaheim, Getzlaf 18 (Perry) 1:18
2. Anaheim, Perry 38 (Selanne, Getzlaf) 3:36 (pp)
3. Anaheim, Beauchemin 4 (Koivu, Selanne) 5:49
4. Calgary, Kostopoulos 7 (Stajan, Jackman) 18:52
Penalties — Regehr Cal (hooking) 2:44, McMillan Ana (hooking) 13:43, Perry Ana (boarding) 16:23.
Second Period
5. Calgary, Bourque 25 (Glencross, Kostopoulos) 8:04
6. Calgary, Kostopoulos 8 (Staios, Glencross) 16:44
Penalty — Blake Ana (high-sticking) 12:08.
Third Period
7. Calgary, Iginla 33 (Tanguay, Giordano) 7:10 (pp)
8. Anaheim, Selanne 22 (Getzlaf, Visnovsky) 17:59 (pp)
Penalties — Fowler Ana (cross-checking) 5:45, Stajan Cal (hooking) 12:12, Bourque Cal (interference) 16:58.
Overtime
9. Anaheim, Perry 39 (Lydman, Getzlaf) 2:38
Missed penalty shot — Ryan Ana, 2:34.
Penalties — None.
Shots

Calgary	12	13	14	2—41
Anaheim	9	9	11	4—33

Goal (shots-saves) — Calgary: Kiprusoff (5-2), Karlsson (L,4-5-5)(5:49 first)(28-26); Anaheim: Ellis (W,19-9-7). **Power plays (goals-chances)** — Calgary: 1-4; Anaheim: 2-3.
Referees — Kelly Sutherland, Dean Morton.
Linesmen — Shane Heyer, Jean Morin.
Attendance — 15,177 (17,174).

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	38	55	93
Stamkos, TB	43	43	86
H.Sedin, Vcr	18	68	86
St. Louis, TB	26	59	85
Perry, Ana	39	40	79
Ovechkin, Was	29	48	77
Toews, Chi	30	42	72
Kopitar, LA	25	47	72
Zetterberg, Det	20	52	72
Iginla, Cal	33	38	71
Sharp, Chi	34	34	68
B.Richards, Dal	25	42	67
Selanne, Ana	22	45	67
Crosby, Pgh	32	34	66
C.Giroux, Pha	23	43	66
Nash, Clb	31	34	65
Kesler, Vcr	36	28	64
E.Staal, Car	29	35	64
P.Kane, Chi	24	39	63
Eriksson, Dal	23	40	63
J.Carter, Pha	33	29	62
Vanek, Buf	25	37	62
Ribeiro, Dal	16	46	62
J.Thornton, SJ	19	42	61
Getzlaf, Ana	18	43	61
Ryan, Ana	32	28	60
Tavares, NYI	26	34	60
Havlat, Minn	21	39	60
M.Richards, Pha	20	40	60
Briere, Pha	31	28	59
Marleau, SJ	28	31	59
Heatley, SJ	24	34	58
Tanguay, Cal	19	39	58
Pavelski, SJ	17	41	58
Visnovsky, Ana	14	44	58
Datsyuk, Det	22	35	57
J.Williams, LA	22	35	57
Yandle, Phx	11	46	57
Duchene, Col	23	33	56
Krecji, Bos	12	44	56
Clowe, SJ	23	32	55
Doan, Phx	18	37	55
Backstrom, Wash	17	38	55
Lidstrom, Det	14	41	55
Kessel, Tor	28	26	54
Backes, StL	26	28	54
M.Koivu, Minn	17	37	54
Lucic, Bos	29	24	53
Grabovski, Tor	27	26	53
Ladd, Atl	26	27	53
Plekanec, Mtl	21	32	53
MacArthur, Tor	20	33	53
P.Stastny, Col	20	33	53
Elias, NJ	16	37	53
Ra.Whitney, Phx	14	39	53
Skinner, Car	25	27	52
Franzen, Det	27	24	51
Kovalchuk, NJ	26	25	51
P.Bergeron, Bos	22	29	51
Umberger, Clb	21	30	51
Enstrom, Atl	10	41	51
Kulemin, Tor	26	24	50
Dubinsky, NYR	21	29	50
Byfuglien, Atl	19	31	50
Samuelsson, Vcr	18	32	50
Weiss, Fla	21	28	49
Boyes, StL-Buf	17	32	49
O.Jokinen, Cal	15	34	49
Moulson, NYI	30	18	48
Couture, SJ	27	21	48
Morrow, Dal	27	21	48
Semin, Wash	25	23	48
D.Brown, LA	23	25	48
Benn, Dal	21	27	48
Hossa, Chi	21	27	48
Hejduk, Col	19	29	48
Parenteau, NYI	18	30	48
Steen, StL	18	30	48
Leino, Pha	17	31	48
Purcell, TB	17	31	48
T.Ruutu, Car	17	31	48
Bourque, Cal	25	22	47
J.Jokinen, Car	16	31	47
Ehrhoff, Vcr	11	36	47
Wisniewski, NYI-Mtl	10	37	47
Grabner, Cal	30	16	46
Callahan, NYR	23	23	46
Horton, Bos	20	26	46
Voracek, Clb	14	32	46
Letang, Pgh	8	38	46
Penner, Edm-LA	23	22	45
Ennis, Buf	19	26	45
Berglund, StL	18	27	45

Last night's games not included

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	11	9	2	.818	132	101	—
Buffalo	10	7	3	.700	110	93	1½
Boston	11	6	5	.545	117	102	3
Rochester	10	5	5	.500	93	107	3½
Philadelphia	11	4	7	.364	99	125	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Calgary	11	8	3	.727	140	123	—
Minnesota	9	5	4	.556	102	98	2
Washington	11	5	6	.455	146	135	3
Edmonton	11	2	9	.182	117	147	6
Colorado	9	1	8	.111	80	105	6

x — clinched playoff berth.
WEEK 12
Friday's games
All times Eastern
Minnesota at Edmonton, 9 p.m.
Toronto at Calgary, 9:30 p.m.
Boston at Washington, 11 p.m.
Saturday's games
Philadelphia at Rochester, 7:35 p.m.
Boston at Colorado, 9 p.m.
Sunday's game
Buffalo at Minnesota, 5 p.m.

MLB

SPRING TRAINING

Monday's results
Tampa Bay 3 N.Y. Yankees 1
Philadelphia 4 Boston 1
Minnesota 4 Pittsburgh 1
N.Y. Mets 8 Atlanta 7
Washington 7 St. Louis 2
Detroit 9 Houston 1
Cleveland vs. Kansas City (ccd., rain)
Oakland at L.A. Dodgers (ccd., rain)
Seattle vs. Cincinnati (ccd., rain)
Texas at Milwaukee (ccd., rain)
Chicago Cubs at L.A. Angels (ccd., rain)
Colorado at San Francisco (ccd., rain)
L.A. Dodgers (ss) at Arizona
Chicago White Sox at San Diego
Today's games
All times Eastern
Phila. at Toronto (Dunedin, Fla.), 1:05 p.m.
NYY at Baltimore (Sarasota, Fla.), 1:05 pm
Houston at Wash. (Viera, Fla.), 1:05 p.m.
Minnesota at Florida (Jupiter, Fla.), 1:05 p.m.
N.Y. Mets at Detroit (Lakeland, Fla.), 1:05 p.m.
San Diego at Milwaukee (Phoenix, 4:05 p.m.
CWS at Seattle (Peoria, Ariz.), 4:05 p.m.
Oak. at Cincin. (Goodyear, Ariz.), 4:05 p.m.
Chi. Cubs at LAD (Glendale, Ariz.), 4:05 pm
Cle. at Arizona (Scottsdale, Ariz.), 4:10 p.m.
T.B. at Boston (Fort Myers, Fla.), 7:05 p.m.
LAA at Kansas City (Surprise, Ariz.), 9:05 p.m.

CURLING

WOMEN'S WORLD CHAMPIONSHIP

At Esbjerg, Denmark

Country (skip)	W	L
Sweden (Norberg)	4	1
China (B.Wang)	3	2
Denmark (Nielsen)	3	2
Norway (Githmark)	3	2
Russia (Privivkova)	3	2
Scotland (Sloan)	3	2
Switzerland (Ott)	3	2
Canada (Holland)	**2**	**3**
Czech Rep. (Kubekova)	2	3
Germany (A.Schopp)	2	3
U.S. (Lank)	2	3
South Korea (Kim)	0	5

Yesterday's results
Sixth Draw
Scotland 7 **Canada 3**
China 9 Czech Republic 3
Russia 11 U.S. 4
Switzerland 8 South Korea 6
Seventh Draw
Canada 7 Norway 5
Denmark 9 Czech Republic 2
Scotland 9 Germany 3
Sweden 7 China 5
Eighth Draw
Denmark 6 Switzerland 3
Norway 9 Russia 8
Sweden 10 South Korea 7
U.S. 9 Germany 4
Today's games
Ninth Draw
Canada vs. Czech Rep.; Norway vs. Germany; Scotland vs. China; Sweden vs. Denmark.
Draw 10
Norway vs. Denmark; U.S. vs. South Korea; Germany vs. Sweden; Russia vs. Switzerland.
Draw 11
China vs. Switzerland; Scotland vs. Russia; U.S. vs. **Canada**; South Korea vs. Czech Rep.

GOLF

MEN'S WORLD RANKING

Through March 20

1. Martin Kaymer	Ger	7.98
2. Lee Westwood	Eng	7.69
3. Luke Donald	Eng	6.64
4. Graeme McDowell	Nir	6.28
5. Tiger Woods	USA	5.94
6. Phil Mickelson	USA	5.88
7. Paul Casey	Eng	5.74
8. Rory McIlroy	Nir	5.54
9. Matt Kuchar	USA	5.40

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	1	1	0	0	3	1	3
Kansas City	1	1	0	0	3	2	3
New York	1	1	0	0	1	0	3
Philadelphia	1	1	0	0	1	0	3
Chicago	1	0	0	1	1	1	1
New England	1	0	0	1	1	1	1
Toronto	1	0	1	0	2	4	0
Columbus	1	0	1	0	1	3	0
Houston	1	0	1	0	0	1	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	2	1	0	1	2	1	4
Vancouver	1	1	0	0	4	2	3
Colorado	1	1	0	0	3	1	3
Real Salt Lake	1	1	0	0	1	0	3
Dallas	1	0	0	1	1	1	1
Chivas USA	1	0	1	0	2	3	0
Portland	1	0	1	0	1	3	0
San Jose	1	0	1	0	0	1	0
Seattle	2	0	2	0	0	2	0

Note: 3 points for victory, 1 point for tie.
Sunday's result
New England 1 Los Angeles 1
Friday's game
All times Eastern
Houston at Seattle, 10 p.m.
Saturday's games
Portland at Toronto, 2 p.m.
New York at Columbus, 4 p.m.
Kansas City at Chicago, 4 p.m.
Vancouver at Philadelphia, 4 p.m.
D.C. United at New England, 4:30 p.m.
Los Angeles at Real Salt Lake, 9 p.m.
San Jose at Dallas, 9 p.m.
Colorado at Chivas USA, 10:30 p.m.

BASKETBALL

NCAA TOURNAMENT

All times Eastern

Regional Semifinals

EAST REGION
Friday's games
North Carolina (28-7) vs. Marquette (22-14), 7 p.m.
Ohio State (34-2) vs. Kentucky (27-8), 9:30 p.m.
SOUTHEAST REGION
Thursday's games
Florida (28-7) vs. BYU (32-4), 7:15 pm
Butler (25-9) vs. Wisconsin (25-8), 9:55 pm
SOUTHWEST REGION
Friday's games
Kansas (34-2) vs. Richmond (29-7), 7:15 pm
Florida State (23-10) vs. Virginia Commonwealth (26-11), 9:55 p.m.
WEST REGION
Thursday's games
San Diego State (34-2) vs. Connecticut (28-9), 7 p.m.
Duke (32-4) vs. Arizona (29-7), 9:30 pm

TENNIS

ATP MONEY LEADERS

(all figures in U.S. dollars)

1. Novak Djokovic	$3,211,875
2. Andy Murray	$1,146,682
3. Roger Federer	$976,674
4. David Ferrer	$783,633
5. Robin Soderling	$695,585
6. Rafael Nadal	$611,472
7. Alexandr Dolgopolov	$477,494
8. Stanislas Wawrinka	$455,982
9. Nicolas Almagro	$444,565
10. Andy Roddick	$440,722
11. Tomas Berdych	$433,169
12. Juan Martin del Potro	$356,870
13. Milos Raonic	**$339,982**
14. Jo-Wilfried Tsonga	$326,751
15. Tommy Robredo	$307,022
16. Viktor Troicki	$274,529
17. Richard Gasquet	$259,310
18. Marin Cilic	$257,558
19. Jurgen Melzer	$247,766
20. Xavier Malisse	$246,615
21. Bob Bryan	$241,976

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Boston	49	19	.721	—
y-Chicago	49	19	.721	—
x-Miami	48	22	.686	2
x-Orlando	45	26	.634	5½
Atlanta	40	30	.571	10
Philadelphia	36	34	.514	14
New York	35	34	.507	14½
Indiana	31	40	.437	19½
Milwaukee	28	41	.406	21½
Charlotte	28	41	.406	21½
Detroit	25	45	.357	25
New Jersey	22	47	.319	27½
Toronto	20	49	.290	29½
Washington	17	51	.250	32
Cleveland	13	56	.188	36½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	56	13	.812	—
y-L.A. Lakers	50	20	.714	6½
x-Dallas	49	21	.700	7½
d-Oklahoma City	45	24	.652	11
Denver	41	29	.586	15½
Portland	40	30	.571	16½
New Orleans	40	31	.563	17
Memphis	38	32	.543	18½
Houston	37	34	.521	20
Phoenix	35	33	.515	20½
Utah	36	34	.514	20½
Golden State	30	40	.429	26½
L.A. Clippers	27	44	.380	30
Sacramento	17	51	.250	38½
Minnesota	17	54	.239	40

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Last night's results
Orlando 97, Cleveland 86
Indiana 102, New Jersey 98
Boston at New York
Sacramento at Chicago
Utah at Memphis
Golden State at San Antonio
Toronto at Denver
Sunday's results
Washington 98 New Jersey 92
Atlanta 104 Detroit 96
Milwaukee 100 New York 95
Phoenix 108 L.A. Clippers 99
Sacramento 127 Minnesota 95
Houston 110 Utah 108
Toronto 95 Oklahoma City 93
Dallas 101 Golden State 73
L.A. Lakers 84 Portland 80
Tonight's games
All times Eastern
Chicago at Atlanta, 8 p.m.
Washington at Portland, 10 p.m.

CRICKET

WORLD CUP

QUARTER-FINALS

Wednesday's match
At Dhaka, Bangladesh
Pakistan vs. West Indies
Thursday's match
At Ahmadabad, India
India vs. Australia
Friday's match
At Dhaka, Bangladesh
South Africa vs. New Zealand
Saturday's match
At Colombo, Sri Lanka
Sri Lanka vs. England

CYCLING

VOLTA OF CATALUNYA

At Lloret de Mar, Spain
First stage
1. Gatis Smukulis, Latvia, HTC-Highroad, four hours eight minutes 48 seconds; 2. Alessandro Petacchi, Italy, Lampre-ISD, 28 seconds behind; 3. Jose Joaquin Rojas, Spain, Movistar, same time; 4. Rigoberto Uran Uran, Colombia, Sky Team, s.t.; 5. Jan Bakelants, Belgium, Omega Pharma-Lotto, s.t.; 6. Maxime Bouet, France, AG2R-La Mondiale, s.t.; 7. Paolo Tiralongo, Italy, Astana, s.t.; 8. Cadel Evans, Australia, BMC Racing, s.t.

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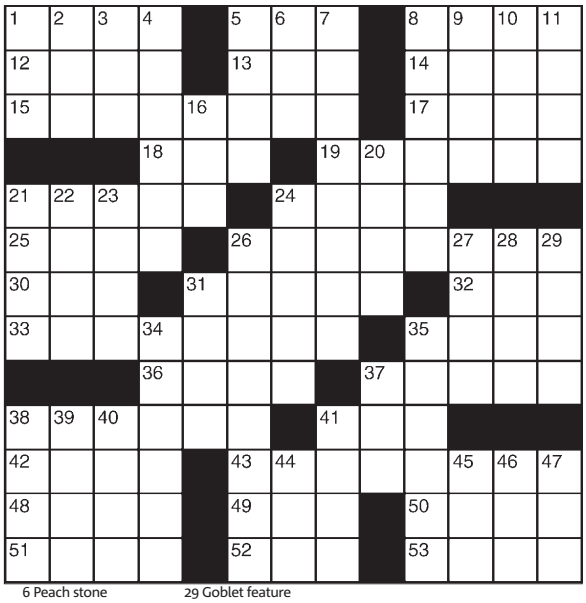
Crossword



Across

1 Injury
5 Spinning stat
8 Gaucho's weapon
12 Needle case
13 Midafternoon, on a sundial
14 Incursion
15 Overlooks
17 Sandwich cookie
18 Anger
19 Decennial count
21 Correspond
24 Pub missile
25 Waikiki wingding
26 Separates into pieces
30 Snoop
31 Ms. Midler
32 Ump's call
33 "Clue" group
35 Speck
36 Medal earner
37 Nonsense
38 Wolflike
41 Bankroll
42 October birthstone
43 Housing developments
48 Amos or Spelling
49 Charged bit
50 Mast
51 Pal of Crackle and Pop
52 Explosive letters
53 Cab

Down

1 Coop occupant
2 Put away
3 Carpet
4 Environment
5 Wedding shower?
6 Peach stone
7 Picks the wrong actors
8 "Jane Eyre" author
9 Galley tools
10 Stead
11 Fusses
16 Before
20 Gaelic
21 Heidi's home
22 Mentor
23 Beams of light
24 The same
26 Really run-down
27 Diner employee
28 Ballet frill
29 Goblet feature
31 Existed
34 Elizabeth II's hubby
35 Humble
37 Leon Uris' "The —"
38 Oodles
39 Apprised of
40 Prefix for legal or sailing
41 Refuse to
44 Director Howard
45 Bookkeeper (Abbr.)
46 Levy
47 — Lanka

▶ Yesterday's answer

V	I	E	■	C	O	B	R	A	■	S	U	E		
A	I	L	■	A	P	R	E	S	■	A	N	D		
L	I	F	E	S	P	A	N	S	■	U	T	E		
■	■	■	G	A	R	■	D	E	A	C	O	N		
J	U	G	G	L	E	■	S	T	Y	E	■	■		
E	T	A	■	S	S	W	■	S	E	P	A	L		
T	A	M	S	■	S	E	T	■	S	A	G	E		
S	H	E	L	F	■	T	O	M	■	N	U	N		
■	■	■	P	A	L	S	■	T	O	S	S	E	D	
H	E	L	M	E	T	■	A	T	E	■	■	■		
O	V	A	■	T	R	A	S	H	C	A	N	S		
P	E	N	■	C	A	S	T	E	■	D	O	E		
E	N	S	■	H	Y	P	E	R	■	O	D	E		

Sudoku

		4			5	9		
	6		9	3			4	
5		8	6			3		1
4				6		2	1	
	2		3		7		5	
	8	1		5				9
2		6			3	7		4
	4			9	6		3	
		3	7			8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	8	5	1	6	2	3	9	7
6	9	1	4	3	7	8	2	5
2	3	7	5	8	9	4	6	1
8	2	4	6	7	3	5	1	9
3	1	6	8	9	5	7	4	2
7	5	9	2	4	1	6	8	3
5	6	2	7	1	8	9	3	4
1	4	3	9	5	6	2	7	8
9	7	8	3	2	4	1	5	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Boubouki, I love you more than words can describe. My love you for has no limits. We ARE the exception. Never forget the video store. Love, **BOUBOULINA XO**

HBD Ally.Saad <3 Wish u all the best on this day and I love you 4ever&always **-D21**

JHK, you've taught me so much about me and I'm a better man for it. I'm so proud of you and I love you so much. You're gorgeous and I can't wait to live down the street!! **KCG**

Babies, You mean so much to me and I want you to know I will always be there for you. I am beaming with excitement to be with you again. I love u so much. **PKS**

Dear Matthew, The body is like a canvas, like any other artist I painted my muse. Its been long enough, come back to me. **JENNA**

Today
2°/-8°
Partly cloudy
Wednesday
-1°/-5°
Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 With yesterday's Sun-Uranus aspect still mixing things up, you won't care what people say about your motives or actions. They think you lack morals. So what? It's your life.

♉ Taurus April 21-May 21 If you respect people, they will respect you. Remember though that the opposite also applies. If you say or do anything that others find offensive today, expect backlash.

♊ Gemini May 22-June 21 Resist the urge to make value judgments about other people. We have different ways of dealing with life and different journeys to take. You can't possibly know what others' fate should be. Be more forgiving.

♋ Cancer June 22-July 22 Act quickly today if someone in a position of power offers you something you have wanted. If you leave it too long, you could find the opportunity has been given to someone else.

♌ Leo July 23-Aug.23 If you need to do something that is going to take a lot of time and energy, start now. Also, don't wait to be offered something you are in a position to take for yourself. Be bold, be brave.

♍ Virgo Aug. 24- Sept. 22 Everything will turn out for the best, and deep down you know that. So why are you still so anxious? The way to overcome fear is through faith, so have faith in yourself and allow only positive thoughts.

♎ Libra Sept. 23-Oct. 23 The more others say you should be disciplined, the more likely it is you will be rebellious. You have no intention of following the rules just because other people say you should.

♏ Scorpio Oct. 24-Nov. 22 You may be worried about the future, but if you go with the flow and trust your instincts, nothing bad will happen. On the contrary, your life is about to change in wonderful ways.

♐ Sagittarius Nov. 23-Dec. 21 If you're prepared to take risks and if you believe in your abilities, anything is possible. Important people will be impressed by your can-do attitude. It won't be long before you're moving up.

♑ Capricorn Dec. 22-Jan. 20 What happens today will reveal several new opportunities. However, they will only be of use if you keep self-doubt at bay. Some people are scared of their own shadows. Don't be one of them.

♒ Aquarius Jan. 21-Feb. 18 The Sun and Uranus in go-getting Aries will encourage you to be inventive. Don't do what everyone else is doing. Be different. Above all, be decisive.

♓ Pisces Feb. 19-March 20 Unexpected surprises seem to be a feature at the moment. Think of it as a purging process to clear your life of things you no longer need. You're making room for something better. **SALLY BROMPTON**

ARIEL SCHALIT/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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AIR CANADA VACATIONS

Deals of the week

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MEXICO | Cancun/Riviera Maya via Toronto
Gran Bahia Principe Tulum ❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • June 3, 5 & 6 • 1 wk.
$749 Add taxes & other fees: $255

MEXICO | Los Cabos via Toronto
Barceló Los Cabos Palace Deluxe ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Junior suite deluxe • Apr. 9 • 1 wk.
$1349 Add taxes & other fees: $265

CUBA | Varadero
Allegro Varadero ❀❀❀
All-Inclusive • Superior rm. • Apr. 9 • 1 wk.
$859 Add taxes & other fees: $155 Departure tax: 25 CUC cash, paid locally

CUBA | Varadero
Barceló Marina Palace ❀❀❀❀
All-Inclusive • Junior suite • Apr. 9 • 1 wk.
$939 Add taxes & other fees: $155 Departure tax: 25 CUC cash, paid locally

CUBA | Santa Clara via Toronto
Royal Hideaway Ensenachos ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Royal Spa rm. • May 7 & 14 • 1 wk.
$1149 Add taxes & other fees: $164 Departure tax: 25 CUC cash, paid locally

BAHAMAS | Nassau via Toronto
Atlantis, Paradise Island ❀❀❀❀❀
Promo - Beach Tower - Terrace view rm. • May 8, 15, 22 • 4 nts.
4TH NIGHT FREE! • COMPLIMENTARY DAILY AMERICAN BREAKFAST
$1129 Add taxes & other fees: $145

BAHAMAS | Exuma via Toronto
Augusta Bay ❀❀❀½
Continental breakfast • Oceanview twin rm. • Apr. 24 • 1 wk.
$1189 Add taxes & other fees: $173

DOMINICAN REPUBLIC | Puerto Plata via Toronto
Bahia Principe San Juan ❀❀❀½ PRIVILEGES
All-Inclusive • Standard rm. • Apr. 8 & 15 • 1 wk.
$769 Add taxes & other fees: $212

DOMINICAN REPUBLIC | Punta Cana via Toronto
Occidental Grand Punta Cana ❀❀❀❀
All-Inclusive • Junior suite • May 13 & 20 • 1 wk.
$849 Add taxes & other fees: $188

DOMINICAN REPUBLIC | Samana via Toronto
Gran Bahia Principe Cayacoa ❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • Mar. 26 & 27 • 1 wk.
$799 Add taxes & other fees: $212

JAMAICA
Sunset Jamaica Grande Resort & Spa ❀❀❀❀ PRIVILEGES
All-Inclusive • Exclusive renovated standard rm. • Apr. 2 & 9 • 1 wk.
$1149 Add taxes & other fees: $127

JAMAICA
Gran Bahia Principe Jamaica ❀❀❀❀½ PRIVILEGES
All-Inclusive • Junior suite • Apr. 2 • 1 wk.
$1399 Add taxes & other fees: $127

ANTIGUA via Toronto
Grand Pineapple Beach Resort ❀❀❀½
All-Inclusive • Standard rm. • Apr. 9 • 1 wk.
$1179 Add taxes & other fees: $202

BARBADOS via Toronto
The Crane Residential Resort ❀❀❀❀½ PRIVILEGES
Junior garden view suite • Apr. 12 - 14, 19 & 21 • 5 nts.
$1339 Add taxes & other fees: $118

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CUBA | Varadero via Toronto
Sirenis La Salina Varadero Beach Resort ❀❀❀❀

Standard rm. • May 21 - June 12
$815 Add taxes & other fees: $164 Departure tax: 25 CUC cash, paid locally

Standard rm. • May 7, 8, 14 & 15
$869 Add taxes & other fees: $164 Departure tax: 25 CUC cash, paid locally

Sirenis La Salina Varadero Beach Resort

USA | AIR & HOTEL

FLORIDA | Orlando via Toronto or Montreal
Clarion Hotel Maingate ❀❀❀½
Standard rm. • May 10 • 1 wk.
$559 Add taxes & other fees: $127

FLORIDA | Miami via Toronto or Montreal
Hyatt Regency Pier 66 ❀❀❀❀
Garden marina view rm. • Apr. 23 • 3 nts.
$769 Add taxes & other fees: $123

EUROPE | AIR & HOTEL • BREAKFAST • 4 NIGHTS

FRANCE | Paris via Toronto
Magenta Paris ❀❀❀
Standard double rm. • May 4, 11 & 12
$719 Add taxes & other fees: $465

ENGLAND | London
Hotel Ibis Earls Court ❀❀❀
Standard rm. • Apr. 27, 28 May 4 & 5
$819 Add taxes & other fees: $520

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MARCH CLASSES
SEATS STILL AVAILABLE!!

Accounting and Payroll Administrator

Program Objective ***CPA endorsed!***

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the **Payroll Compliance Practitioner** (PCP) certification, issued by the **Canadian Payroll Association** (CPA). The certification is nationally recognized as a standard of excellence for payroll training in Canada.

Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:

Technical Skills

- Bookkeeping & Financial Accounting–Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply–Levels 1 & 2
- Computerized Accounting, AccPac–Levels 1 & 2
- QuickBooks
- Effective Business Writing
- Payroll Compliance Legislation (PCL)
- Payroll Fundamentals 1 (PF1)
- Payroll Fundamentals 2 (PF2)

Fitness and Health Promotion

NEW

Program Objective

The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

Career Opportunities

Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:

- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

Fitness and Health Promotion subject matter includes:

- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques

Certification

This program helps prepare you for these Can-Fit-Pro certifications:

- Fitness Instructor Specialist
- Personal Trainer Specialist
- Nutrition & Wellness Specialist

Onsite Can-Fit-Pro testing is provided for graduates

Personal Support Worker

Part-time evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

This 40 week diploma program includes an 8 week co-op placement.

CALL TODAY

Classes Starting Monthly!

613-722-7811

Paralegal

Part-time evening program now available!

The Paralegal program of Algonquin Careers Academy is **accredited** by The Law Society of Upper Canada. The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare the student to successfully challenge the LSUC licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes a 4 week co-op placement.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world! Complete this diploma program through online distance education.

ALGONQUIN CAREERS ACADEMY™

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